



Flaky Chicken and Bean Wedges

READY IN



25 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz beans red rinsed drained progresso® canned
- ☐ 0.5 cup whipped cream softened (from 8-oz container)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 1 cup rotisserie chicken cut chopped (from)
- ☐ 1 cup salsa thick old el paso®
- ☐ 4 oz cheddar cheese shredded

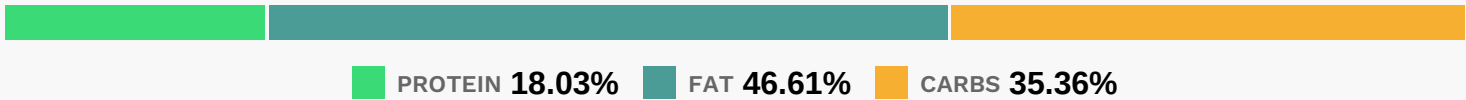
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Remove pie crust from pouch; unroll on ungreased cookie sheet. Generously prick crust with fork.
- ☐ Bake 6 to 8 minutes or until light golden brown.
- ☐ Meanwhile, in 10-inch skillet, cook chicken, beans and cumin over medium heat about 2 minutes, stirring frequently, until thoroughly heated. Stir in cilantro.
- ☐ Spread cream cheese over partially baked crust. Top with chicken mixture; sprinkle with cheese.
- ☐ Bake 2 to 3 minutes longer or until cheese is melted and crust is golden brown.
- ☐ Cut into wedges; serve warm with salsa.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:8.8760869580766%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 396.74kcal (19.84%), Fat: 20.63g (31.74%), Saturated Fat: 7.7g (48.12%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 30.54g (11.1%), Sugar: 2.71g (3.01%), Cholesterol: 44.71mg (14.9%), Sodium: 743.2mg (32.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.91%), Manganese: 0.42mg (21.22%), Fiber: 4.68g (18.73%), Phosphorus: 169.46mg (16.95%), Vitamin B1: 0.21mg (14.1%), Calcium: 133.61mg (13.36%), Iron: 2.35mg (13.08%), Folate: 52.16µg (13.04%), Vitamin B2: 0.18mg (10.56%), Vitamin B3: 2.01mg (10.04%), Selenium: 5.92µg

(8.46%), Potassium: 293.11mg (8.37%), Magnesium: 33.22mg (8.3%), Vitamin K: 7.94µg (7.57%), Zinc: 1.07mg (7.15%), Copper: 0.14mg (7.15%), Vitamin B6: 0.14mg (6.81%), Vitamin A: 285.52IU (5.71%), Vitamin E: 0.71mg (4.72%), Vitamin B5: 0.38mg (3.85%), Vitamin B12: 0.19µg (3.09%), Vitamin C: 1.09mg (1.32%)