



Garlic Chicken Puffs

READY IN



40 min.

SERVINGS



16

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce chicken chunks shredded canned
- ☐ 2 ounces cream cheese to taste
- ☐ 8 ounce crescent roll dough refrigerated canned
- ☐ 0.5 teaspoon garlic powder

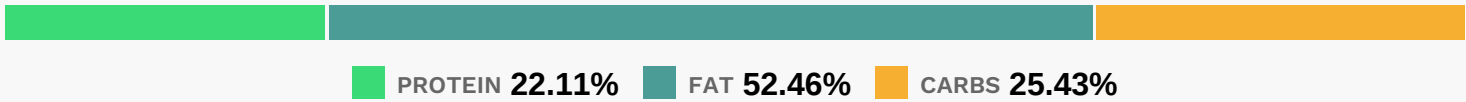
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil and spray with cooking spray.
- ☐ Stir chicken, cream cheese, and garlic powder together.
- ☐ Unroll crescent rolls and cut each triangle in half into 2 triangles, for a total of 16 triangles.
- ☐ Lay triangles out on a flat work surface.
- ☐ Place 1 teaspoon of the chicken mixture in the center of each dough triangle and fold corners over the mixture into the center.
- ☐ Place folded dough pieces onto prepared baking sheet.
- ☐ Bake in the preheated oven until golden brown and puffed, 12 to 14 minutes; cool before serving.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.5930434733467%

Nutrients (% of daily need)

Calories: 91.91kcal (4.6%), Fat: 5.44g (8.37%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.93g (2.15%), Sugar: 1.55g (1.73%), Cholesterol: 16.87mg (5.62%), Sodium: 135.74mg (5.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin B3: 1.4mg (7%), Selenium: 4.69µg (6.69%), Phosphorus: 38.2mg (3.82%), Vitamin B6: 0.08mg (3.81%), Iron: 0.4mg (2.23%), Vitamin B2: 0.03mg (2.02%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.19mg (1.93%), Potassium: 46.37mg (1.32%), Vitamin A: 54.86IU (1.1%), Magnesium: 4.11mg (1.03%)