



Garlic Chicken Puffs

 Popular

READY IN



45 min.

SERVINGS



32

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cream cheese
- ☐ 16 regular crescent rolls canned
- ☐ 1 tsp garlic powder
- ☐ 0.5 cup chicken shredded cooked

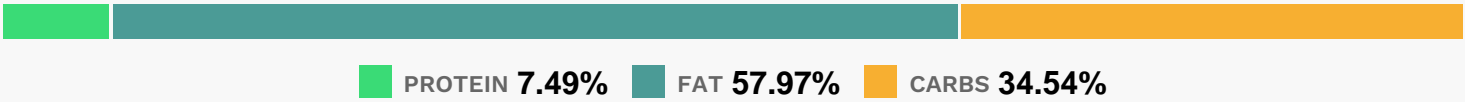
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Mix cream cheese, garlic and chicken until well blended.Unroll crescent rolls and cut each triangle into 2 triangles (when you unroll the crescent rolls, 2 triangles are attached making a big square, I just cut from there following the perforation for one cut and made another cut from the other corners = giving you 4 little triangles)
- ☐ Place 1 tsp of chicken mixture on the center of each triangle and fold the corners in over the creamy mixture.
- ☐ Place on cookie sheet, lined with aluminum foil and sprayed with no stick spray.
- ☐ Bake at 375 for 11-14 mins.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.39782608421924%

Nutrients (% of daily need)

Calories: 65.38kcal (3.27%), Fat: 4.37g (6.73%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.86g (2.13%), Sugar: 1.54g (1.71%), Cholesterol: 5.22mg (1.74%), Sodium: 122.73mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Selenium: 0.87µg (1.24%), Iron: 0.21mg (1.18%)