



Gift-Wrapped Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup butter melted
- ☐ 0.3 teaspoon pepper
- ☐ 16 oz dough thawed
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast boneless skinless
- ☐ 0.3 cup roasted cranberry sauce

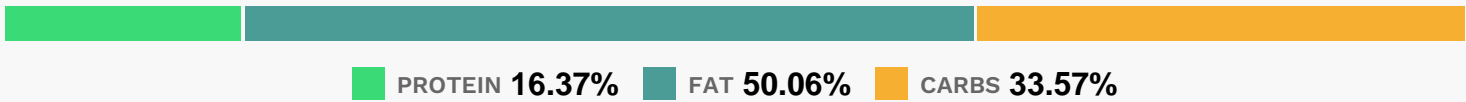
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut each chicken breast in half the short way and pound each piece to flatten slightly; sprinkle with salt and pepper.
- ☐ Place one tablespoon cranberry sauce and one tablespoon unmelted butter on each of 4 pieces of chicken breast and place another breast piece on top.
- ☐ Unroll dough and cut dough in half lengthwise. Working with 8 strips of dough at a time, stack 2 strips together for a total of 4 stacks. (Keep remaining phyllo covered with a damp towel to prevent drying out.)
- ☐ Brush each stack with melted butter. To make package, layer 2 sets of stacks to make an "x," in center of dough stack and pull ends up together in the center, pinching ends closed at the top like a beggar's purse.
- ☐ Place on a greased baking sheet. Repeat procedure with remaining ingredients.
- ☐ Bake at 375 for 30 minutes. Shield tops with aluminum foil during last 10 minutes of baking, if necessary.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:21.88, Inflammation Score:-7, Nutrition Score:22.866087037584%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 801.19kcal (40.06%), Fat: 44.28g (68.12%), Saturated Fat: 24.19g (151.17%), Carbohydrates: 66.82g (22.27%), Net Carbohydrates: 64.44g (23.43%), Sugar: 5.8g (6.44%), Cholesterol: 163.83mg (54.61%), Sodium: 1244.05mg (54.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.57g (65.15%), Selenium: 63.08µg

(90.12%), Vitamin B3: 16.44mg (82.21%), Vitamin B1: 0.69mg (46.05%), Vitamin B6: 0.88mg (44.22%), Phosphorus: 333.46mg (33.35%), Vitamin B2: 0.52mg (30.47%), Manganese: 0.58mg (29.2%), Folate: 105.78µg (26.45%), Iron: 4.15mg (23.07%), Vitamin A: 1105.57IU (22.11%), Vitamin B5: 2mg (20.01%), Potassium: 518.85mg (14.82%), Magnesium: 47.81mg (11.95%), Vitamin E: 1.46mg (9.71%), Fiber: 2.38g (9.51%), Zinc: 1.26mg (8.38%), Copper: 0.15mg (7.57%), Vitamin K: 6.49µg (6.18%), Vitamin B12: 0.3µg (4.97%), Calcium: 29.6mg (2.96%), Vitamin C: 1.53mg (1.86%)