



Herbed Chicken in Pastry

READY IN



90 min.

SERVINGS



4

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce garlic and herb spreadable cheese
- 2 tablespoons butter
- 1 eggs
- 0.3 cup parsley fresh chopped
- 1 sheet puff pastry pepperidge farm®
- 4 chicken breasts boneless skinless
- 1 tablespoon water

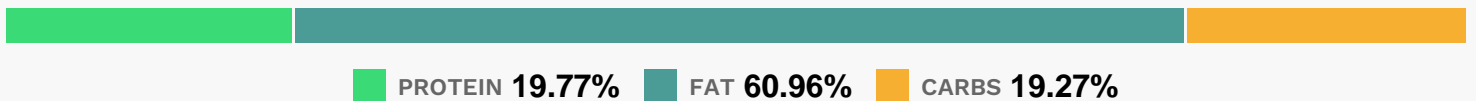
Equipment

- frying pan
- baking sheet
- oven

Directions

- Season chicken with salt and pepper if desired. Melt butter in skillet.
- Add chicken and cook until browned.
- Remove chicken. Cover and refrigerate 15 minutes or up to 24 hours.
- Thaw pastry sheet at room temperature 30 minutes.
- Mix egg and water. Preheat oven to 400 degrees F.
- Unfold pastry on lightly floured surface.
- Roll into 14-inch square and cut into 4 (7-inch) squares.
- Spread about 2 tablespoons of the cheese spread in center of each square.
- Sprinkle with 1 tablespoon parsley and top with cooled chicken.
- Brush edges of squares with egg mixture. Fold each corner to center on top of chicken and seal edges.
- Place seam-side down on baking sheet.
- Brush with egg mixture.
- Bake 25 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:14.99, Inflammation Score:-6, Nutrition Score:20.730434687241%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 632.32kcal (31.62%), Fat: 42.83g (65.9%), Saturated Fat: 13.61g (85.08%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 29.43g (10.7%), Sugar: 0.53g (0.58%), Cholesterol: 144.06mg (48.02%), Sodium: 521.58mg (22.68%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.25g (62.51%), Selenium: 54.36µg (77.66%), Vitamin B3: 14.4mg (71.99%), Vitamin K: 71.62µg (68.21%), Vitamin B6: 0.88mg (44.1%), Phosphorus: 299.61mg (29.96%), Vitamin B1: 0.32mg (21.63%), Vitamin B2: 0.34mg (20.17%), Vitamin B5: 1.8mg (18%), Manganese: 0.32mg (16.25%), Folate: 63.24µg (15.81%), Potassium: 494.36mg (14.12%), Iron: 2.41mg (13.39%), Vitamin A: 660.2IU (13.2%), Magnesium: 42.62mg (10.66%), Zinc: 1.16mg (7.75%), Vitamin C: 6.36mg (7.71%), Vitamin E: 0.91mg (6.04%), Copper: 0.11mg (5.72%), Vitamin B12: 0.33µg (5.51%), Fiber: 1.04g (4.17%), Calcium: 25.32mg (2.53%), Vitamin D: 0.33µg (2.22%)