



## Holiday Chicken Presents

READY IN



45 min.

SERVINGS



12

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter melted
- 2 tablespoons butter
- 1 pound skinned and boned chicken breast halves
- 1 ounce country ham
- 8 ounce cream cheese softened
- 0.3 cup dijon mustard
- 2 tablespoons cooking sherry dry
- 1 egg white lightly beaten
- 2 cups mushrooms fresh sliced

- 0.8 teaspoon garlic salt
- 1 teaspoon juice of lemon
- 2 tablespoons milk
- 0.5 small onion minced
- 1 teaspoon parmesan cheese grated
- 0.1 teaspoon pepper
- 1 teaspoon poppy seeds
- 34.5 ounce puff pastry frozen thawed
- 0.1 teaspoon salt
- 2 shallots chopped
- 1 ounce swiss cheese

## Equipment

- frying pan
- baking sheet
- oven
- whisk

## Directions

- Sprinkle chicken with garlic salt.
- Cook chicken in a lightly greased nonstick skillet over medium-high heat 7 to 8 minutes on each side or until lightly browned.
- Remove from skillet; chop chicken, and set aside.
- Melt 2 tablespoons butter in nonstick skillet over medium heat; add shallots and onion, and saut 3 minutes.
- Add mushrooms, and saut 5 minutes. Reduce heat to low; add cream cheese and milk, stirring until blended.
- Remove from heat; add chopped chicken. Stir in sherry and next 3 ingredients.
- Unfold 3 pastry sheets on a lightly floured surface; cut into fourths.

- Roll into 10-inch squares.
- Place 1 cheese slice and 1 ham slice on center of each puff pastry square; top with 1/4 cup chicken mixture. Bring corners together over filling, gently pressing to seal.
- Cut remaining pastry sheet into thin strips; tie each bundle with pastry ribbon.
- Place on a baking sheet; brush with egg white.
- Bake at 400 for 35 minutes or until golden.
- Whisk together melted butter and next 3 ingredients.
- Serve over pastry bundles.

## Nutrition Facts



■ **PROTEIN 10.47%**
■ **FAT 65.91%**
■ **CARBS 23.62%**

### Properties

Glycemic Index:26.75, Glycemic Load:20.61, Inflammation Score:-6, Nutrition Score:14.783478182295%

### Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg  
 Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg  
 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg  
 Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg  
 Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg  
 Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg  
 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg  
 Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

### Nutrients (% of daily need)

Calories: 677.03kcal (33.85%), Fat: 49.7g (76.46%), Saturated Fat: 14.58g (91.11%), Carbohydrates: 40.07g (13.36%),  
 Net Carbohydrates: 38.23g (13.9%), Sugar: 2.34g (2.6%), Cholesterol: 47.6mg (15.87%), Sodium: 690.28mg (30.01%),  
 Alcohol: 0.26g (100%), Alcohol %: 0.17% (100%), Protein: 17.77g (35.54%), Selenium: 38.74µg (55.34%),  
 Vitamin B3: 8.1mg (40.48%), Vitamin B1: 0.4mg (26.61%), Vitamin B2: 0.41mg (24.39%), Manganese: 0.47mg (23.73%),  
 Phosphorus: 200.74mg (20.07%), Vitamin B6: 0.36mg (18.24%), Folate: 72.68µg (18.17%), Vitamin A: 719.02IU (14.38%),  
 Iron: 2.53mg (14.05%), Vitamin K: 13.81µg (13.15%), Vitamin B5: 0.97mg (9.66%), Potassium: 317.64mg (9.08%),  
 Copper: 0.17mg (8.73%), Magnesium: 33.15mg (8.29%), Fiber: 1.84g (7.38%), Vitamin E: 1.09mg (7.29%),  
 Zinc: 1.09mg (7.29%), Calcium: 69.99mg (7%), Vitamin B12: 0.24µg (4.05%), Vitamin C: 1.55mg (1.87%)