



Monterey Chicken Pockets

READY IN



10 min.

SERVINGS



10

CALORIES



24 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup biscuit and baking mix low-fat
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 0.3 teaspoon garlic powder divided
- ☐ 0.5 tablespoon bell pepper green chopped
- ☐ 0.5 ounce monterrey jack cheese shredded reduced-fat
- ☐ 0.5 tablespoon onion chopped
- ☐ 1 Dash pepper
- ☐ 1 ounce roasted chicken breast chopped
- ☐ 1 tablespoon skim milk

☐ 0.5 tablespoon tomatoes finely chopped

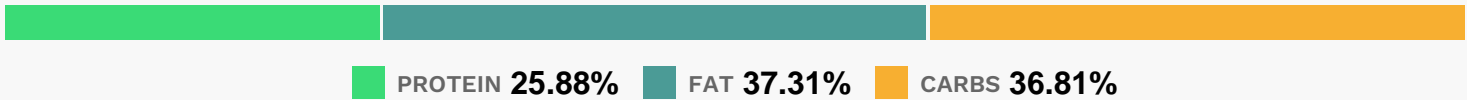
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Coat a small nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add onion, green pepper, 1/8 teaspoon garlic powder, and pepper; saute until onion is tender.
- ☐ Remove from heat; stir in chicken and tomato. Set aside.
- ☐ Combine baking mix, remaining 1/8 teaspoon garlic powder, and milk in a small bowl, stirring well.
- ☐ Sprinkle 1/2 teaspoon flour evenly over work surface. Turn dough out onto floured surface, and knead 4 or 5 times.
- ☐ Divide dough in half; roll each portion into a 4-inch circle. Spoon chicken mixture evenly over half of each circle; sprinkle cheese evenly over each.
- ☐ Brush edges of circles with water; fold circles in half, and seal. Coat with cooking spray; place on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 10 to 12 minutes or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.73, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.97173913082351%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 24.38kcal (1.22%), Fat: 1g (1.54%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.49g (0.54%), Cholesterol: 3.78mg (1.26%), Sodium: 49.62mg (2.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Phosphorus: 32.76mg (3.28%), Vitamin B3: 0.54mg (2.71%), Calcium: 18.7mg (1.87%), Selenium: 1.3µg (1.85%), Vitamin B1: 0.02mg (1.48%), Vitamin B2: 0.02mg (1.46%), Vitamin B6: 0.02mg (1.24%), Folate: 4.62µg (1.16%)