



Parmesan Crescent-Topped Chicken A La King

READY IN



60 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper red thin (1 medium)
- 2 tablespoons butter
- 1.5 cups carrots ()
- 1.8 cups chicken broth progresso® (from 32-oz carton)
- 1 egg whites beaten
- 0.5 cup flour all-purpose
- 1.5 cups green beans frozen green giant®
- 0.5 cup spring onion sliced

- 0.5 teaspoon seasoning dried italian
- 0.8 cup milk
- 2 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper
- 8 oz regular crescent rolls refrigerated pillsbury® canned
- 0.3 teaspoon salt
- 1.5 lb chicken breast halves boneless skinless cut into bite-sized pieces

Equipment

- frying pan
- oven
- baking pan
- measuring cup

Directions

- Heat oven to 375°F. In large skillet, melt 2 tablespoons butter over medium-high heat.
- Add chicken; cook and stir 3 minutes.
- Add carrots, green beans, bell pepper and onions; cover and cook until chicken is no longer pink and vegetables are crisp-tender, stirring occasionally.
- Lightly spoon flour into measuring cup; level off.
- Add flour, Italian seasoning, salt and pepper to skillet. Stir in broth and milk. Bring to a boil, stirring constantly. Stir in 1/4 cup Parmesan cheese. Spoon into ungreased 2 1/2-quart oval casserole or 13x9-inch (3-quart) baking dish.
- Separate dough into 8 triangles. Starting at short side of triangle, roll each triangle up halfway. Arrange over hot chicken mixture with tips toward center. DO NOT OVERLAP.
- Brush crescent rolls with egg white; sprinkle with 2 tablespoons Parmesan cheese.
- Bake at 375°F. for 15 to 20 minutes or until crescent rolls are golden brown.

Nutrition Facts



■ PROTEIN 30.14% ■ FAT 37.67% ■ CARBS 32.19%

Properties

Glycemic Index:44.6, Glycemic Load:6.22, Inflammation Score:-10, Nutrition Score:19.960000172905%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 297.22kcal (14.86%), Fat: 12.59g (19.36%), Saturated Fat: 5.5g (34.4%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 22.15g (8.05%), Sugar: 6.95g (7.72%), Cholesterol: 66.82mg (22.27%), Sodium: 663.62mg (28.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.31%), Vitamin A: 4961.39IU (99.23%), Vitamin B3: 10.08mg (50.42%), Selenium: 31.94µg (45.63%), Vitamin B6: 0.78mg (38.87%), Vitamin C: 29.97mg (36.33%), Vitamin K: 27.24µg (25.95%), Phosphorus: 245.15mg (24.52%), Potassium: 554.73mg (15.85%), Vitamin B2: 0.26mg (15.55%), Vitamin B5: 1.53mg (15.28%), Vitamin B1: 0.19mg (12.44%), Manganese: 0.21mg (10.61%), Folate: 42.26µg (10.57%), Magnesium: 39.92mg (9.98%), Iron: 1.59mg (8.81%), Fiber: 2.05g (8.22%), Calcium: 71.3mg (7.13%), Zinc: 0.92mg (6.12%), Vitamin E: 0.88mg (5.87%), Vitamin B12: 0.33µg (5.5%), Copper: 0.08mg (3.91%), Vitamin D: 0.34µg (2.29%)