



Pecan Chicken Pockets

READY IN



45 min.

SERVINGS



2

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter divided softened
- 3 tablespoons approx cream cheese spread
- 0.5 cup roasted chicken cubed cooked
- 0.5 cup mushrooms fresh sliced
- 2 tablespoons pecans finely chopped
- 1 Dash pepper
- 4 ounces regular crescent rolls refrigerated
- 3 tablespoons seasoned bread crumbs

Equipment

- bowl
- baking sheet
- oven

Directions

- In a small bowl, combine the cream cheese, 1 tablespoon butter and pepper. Fold in chicken and mushrooms. Separate crescent dough into two rectangles; seal perforations. Spoon chicken mixture on each rectangle to within 1/2 in. of edges.
- Roll up, starting from a short side; pinch ends to seal.
- In a shallow bowl, combine bread crumbs and pecans. Melt remaining butter; brush over entire surface of dough.
- Roll in crumb mixture.
- Place on an ungreased baking sheet.
- Bake at 350° for 30–35 minutes or until golden brown.

Nutrition Facts

PROTEIN 10.53% **FAT 65.63%** **CARBS 23.84%**

Properties

Glycemic Index:62, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:10.639999962371%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 598.94kcal (29.95%), Fat: 44.85g (69%), Saturated Fat: 20.71g (129.46%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 34.71g (12.62%), Sugar: 8.16g (9.07%), Cholesterol: 86.43mg (28.81%), Sodium:

919.34mg (39.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Manganese: 0.62mg (31.06%), Vitamin B3: 4.68mg (23.38%), Selenium: 15.14µg (21.63%), Vitamin B1: 0.25mg (16.83%), Vitamin A: 801.96IU (16.04%), Phosphorus: 147.21mg (14.72%), Vitamin B2: 0.23mg (13.55%), Copper: 0.25mg (12.68%), Iron: 2.26mg (12.54%), Vitamin B6: 0.22mg (10.79%), Vitamin B5: 0.9mg (9.03%), Zinc: 1.34mg (8.96%), Vitamin K: 8.8µg (8.38%), Fiber: 1.95g (7.79%), Calcium: 73.28mg (7.33%), Magnesium: 29.02mg (7.25%), Potassium: 237.82mg (6.79%), Folate: 26.52µg (6.63%), Vitamin E: 0.67mg (4.46%), Vitamin B12: 0.2µg (3.32%), Vitamin C: 1.02mg (1.24%)