



Pepperidge Farm® Southwestern Strudel

READY IN



90 min.

SERVINGS



6

CALORIES



471 kcal

Ingredients

- 0.5 cup bread crumbs fresh
- 11 ounce regular corn mexican-style drained canned
- 1 cup colby-jack cheese shredded
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 1 eggs
- 2 teaspoons parsley fresh chopped
- 5 ounce salad greens mixed
- 1 cup picante sauce pace®
- 1 sheet puff pastry pepperidge farm®
- 1 tablespoon water

Equipment

- bowl
- baking sheet
- oven

Directions

- Thaw the pastry sheet at room temperature for 40 minutes.
- Heat the oven to 400 degrees F. Stir the egg and water in a small bowl with a fork.
- Stir the chicken, cheese, corn, bread crumbs and picante sauce in a medium bowl.
- Unfold the pastry sheet on a lightly floured surface.
- Roll the pastry sheet into a 16x12-inch rectangle. With the short side facing you, spoon the chicken mixture onto the bottom half of the pastry sheet to within 1-inch of the edges. Starting at the short side, roll up like a jellyroll.
- Place the pastry roll seam-side down on a baking sheet. Tuck the ends under to seal.
- Brush with the egg mixture and sprinkle with the parsley.
- Cut 2-inch slits 2 inches apart on the top.
- Bake for 30 minutes or until the pastry is golden. Slice and serve warm on the salad greens with the sour cream, if desired.

Nutrition Facts



PROTEIN 17.96% **FAT 51.5%** **CARBS 30.54%**

Properties

Glycemic Index:14.67, Glycemic Load:9.97, Inflammation Score:-6, Nutrition Score:14.234782607659%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

Nutrients (% of daily need)

Calories: 470.98kcal (23.55%), Fat: 26.96g (41.47%), Saturated Fat: 9.48g (59.24%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 34.16g (12.42%), Sugar: 2.65g (2.95%), Cholesterol: 74.43mg (24.81%), Sodium:

712.37mg (30.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Selenium: 26.69µg (38.12%), Vitamin B3: 6.1mg (30.52%), Phosphorus: 266.02mg (26.6%), Vitamin B2: 0.35mg (20.75%), Vitamin B1: 0.31mg (20.5%), Manganese: 0.41mg (20.27%), Calcium: 195.93mg (19.59%), Folate: 76.23µg (19.06%), Vitamin A: 752.22IU (15.04%), Iron: 2.65mg (14.7%), Vitamin B6: 0.29mg (14.4%), Zinc: 1.93mg (12.88%), Potassium: 373.67mg (10.68%), Magnesium: 39.21mg (9.8%), Vitamin K: 10.15µg (9.67%), Vitamin C: 7.23mg (8.77%), Copper: 0.16mg (8.03%), Fiber: 1.8g (7.19%), Vitamin B5: 0.66mg (6.65%), Vitamin B12: 0.38µg (6.35%), Vitamin E: 0.9mg (5.97%), Vitamin D: 0.28µg (1.86%)