



## Rachel Turkey Crescents

READY IN



30 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- 4 oz monterrey jack cheese
- 1 cup caraway seeds with caraway seed, well drained (from 14-oz can)
- 2 tablespoons thousand island dressing
- 4 oz chicken breast meat sliced

### Equipment

- frying pan
- oven

glass baking pan

## Directions

Separate or cut 1 can of dough into 2 long rectangles.

Place in ungreased 12x8-inch (2-quart) glass baking dish; press over bottom of pan to form crust (if using crescent rolls, press perforations to seal).

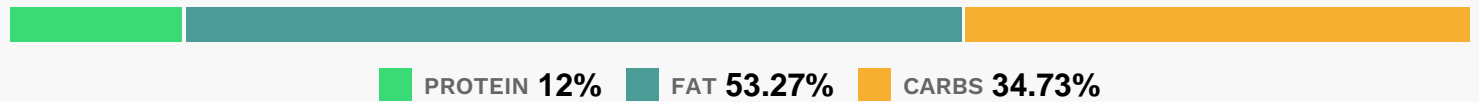
Spread dressing over dough; top with turkey, cheese and sauerkraut.

Separate or cut remaining can of dough into 2 long rectangles (if using crescent rolls, press perforations to seal).

Place on top of sauerkraut.

Bake at 375°F 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:12.870434807694%

## Nutrients (% of daily need)

Calories: 627.34kcal (31.37%), Fat: 39.22g (60.34%), Saturated Fat: 16.31g (101.95%), Carbohydrates: 57.53g (19.18%), Net Carbohydrates: 49.86g (18.13%), Sugar: 13.04g (14.49%), Cholesterol: 41.77mg (13.92%), Sodium: 1432.63mg (62.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Calcium: 353.77mg (35.38%), Phosphorus: 314.49mg (31.45%), Fiber: 7.66g (30.66%), Iron: 5.08mg (28.24%), Magnesium: 67.27mg (16.82%), Vitamin B3: 3.35mg (16.75%), Selenium: 10.39µg (14.85%), Zinc: 2.12mg (14.11%), Vitamin B1: 0.21mg (13.98%), Manganese: 0.27mg (13.63%), Vitamin B2: 0.21mg (12.42%), Potassium: 403.78mg (11.54%), Vitamin B6: 0.22mg (11.03%), Copper: 0.2mg (9.84%), Vitamin E: 0.98mg (6.56%), Vitamin A: 310.04IU (6.2%), Vitamin K: 6.24µg (5.94%), Vitamin C: 4.2mg (5.09%), Vitamin B12: 0.28µg (4.58%), Vitamin B5: 0.34mg (3.36%), Folate: 9.09µg (2.27%), Vitamin D: 0.2µg (1.32%)