



Roasted Chicken and Cranberry Croissants

READY IN



15 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup approx cream cheese spread (from 8-oz. tub)
- ☐ 0.5 teaspoon orange zest grated
- ☐ 4 croissants split
- ☐ 4 leaves boston lettuce
- ☐ 0.8 lb roasted chicken thinly sliced (from deli)
- ☐ 0.5 cup roasted cranberry sauce whole (from 16-oz. can)

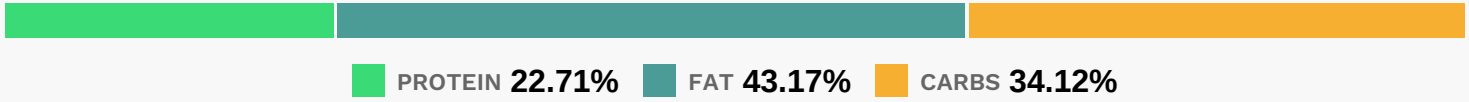
Equipment

- ☐ bowl

Directions

- ☐
- In small bowl, combine cream cheese and orange peel; blend well.
- ☐
- Spread cream cheese mixture on cut sides of croissants.
- ☐
- Layer bottom halves of croissants with lettuce and chicken. Top chicken with cranberry sauce. Cover with top halves of croissants.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:16.5, Inflammation Score:-7, Nutrition Score:14.183478288029%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 501.66kcal (25.08%), Fat: 23.84g (36.68%), Saturated Fat: 12.17g (76.05%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 40.34g (14.67%), Sugar: 18.59g (20.66%), Cholesterol: 119.57mg (39.86%), Sodium: 416.83mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.45%), Selenium: 34.09µg (48.7%), Vitamin B3: 8.04mg (40.21%), Vitamin A: 1241.06IU (24.82%), Phosphorus: 229.55mg (22.95%), Vitamin B6: 0.4mg (19.97%), Vitamin B1: 0.29mg (19.2%), Folate: 65.79µg (16.45%), Vitamin B2: 0.28mg (16.43%), Vitamin K: 16.86µg (16.06%), Iron: 2.52mg (13.99%), Vitamin B5: 1.34mg (13.41%), Manganese: 0.25mg (12.52%), Zinc: 1.76mg (11.74%), Potassium: 308.05mg (8.8%), Fiber: 2.06g (8.23%), Magnesium: 29.69mg (7.42%), Calcium: 72.05mg (7.2%), Vitamin B12: 0.34µg (5.63%), Vitamin E: 0.83mg (5.55%), Copper: 0.11mg (5.29%), Vitamin C: 1.36mg (1.65%)