

## Savory Crescent Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter melted
- 1 tablespoon butter softened
- 2 cups roasted chicken cubed cooked
- 3 ounce cream cheese softened
- 0.8 cup croutons
- 0.1 teaspoon pepper black
- 2 tablespoons milk
- 1 tablespoon onion minced
- 1 tablespoon pimientos chopped

- 8 ounce regular crescent rolls refrigerated
- 0.3 teaspoon salt

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, beat cream cheese and 1 tablespoon melted butter or margarine until smooth.
- Add the chicken, onion, salt, pepper, milk and pimento.
- Mix well.
- Separate crescent dough into four rectangles. Firmly press perforations to seal. Spoon 1/2 cup of the chicken mixture onto the center of each rectangle. Pull 4 corners of dough to center of chicken mixture and twist firmly. Pinch edges to seal.
- Place sandwiches on an ungreased cookie sheet.
- Brush tops of sandwiches with 1 tablespoon of melted butter or margarine; sprinkle with crushed croutons.
- Bake in preheated oven for 25 to 30 minutes or until golden brown.

## Nutrition Facts



**PROTEIN 18.33%** **FAT 57.47%** **CARBS 24.2%**

## Properties

Glycemic Index:85.25, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:8.3086956143379%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 469.55kcal (23.48%), Fat: 30.45g (46.85%), Saturated Fat: 14.49g (90.57%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 28.42g (10.33%), Sugar: 7.07g (7.85%), Cholesterol: 89.92mg (29.97%), Sodium: 797.57mg (34.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.86g (43.72%), Selenium: 21.39µg (30.56%), Vitamin B3: 5.88mg (29.42%), Phosphorus: 174.49mg (17.45%), Vitamin B6: 0.32mg (15.91%), Vitamin A: 601.28IU (12.03%), Vitamin B2: 0.18mg (10.79%), Iron: 1.91mg (10.59%), Vitamin B5: 0.87mg (8.66%), Zinc: 1.27mg (8.48%), Potassium: 220.02mg (6.29%), Vitamin B1: 0.09mg (5.99%), Vitamin B12: 0.3µg (5.04%), Magnesium: 20.02mg (5.01%), Vitamin C: 4.09mg (4.95%), Calcium: 45.41mg (4.54%), Folate: 13.8µg (3.45%), Manganese: 0.06mg (2.88%), Copper: 0.06mg (2.86%), Vitamin E: 0.38mg (2.54%), Fiber: 0.43g (1.73%), Vitamin K: 1.45µg (1.38%)