



Turkey and Ham Crescent Braid

READY IN



65 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets frozen
- 0.5 lb finely-chopped ham cooked chopped
- 0.3 cup dijon mustard
- 1 eggs beaten
- 16 oz regular crescent rolls refrigerated canned
- 1.5 teaspoons sesame seed
- 4 oz sharp cheddar cheese shredded
- 0.5 lb chicken breast meat thinly sliced

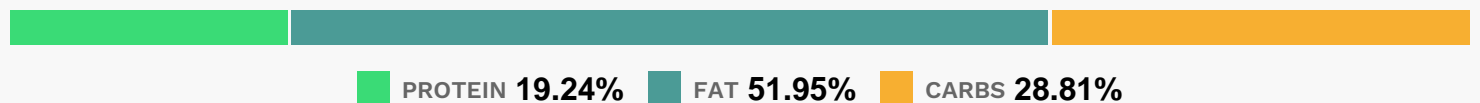
Equipment

- baking sheet
- paper towels
- oven
- knife
- aluminum foil
- kitchen scissors

Directions

- Heat oven to 375F. Cook broccoli as directed on bag; drain well on paper towels.
- Meanwhile, unroll both cans of dough; do not separate. On ungreased cookie sheet, place dough with long sides together, forming 15x12-inch rectangle. Press edges and perforations to seal.
- Arrange turkey in 6-inch-wide strip lengthwise down center of dough to within 1 inch of each short side.
- Spread mustard-mayonnaise spread over turkey. Top with ham, broccoli and cheese.
- With sharp knife or scissors, make cuts 1 1/2 inches apart on long sides of dough to within 1/2 inch of filling. Alternately cross strips over filling, twisting strips once. Tuck ends under; press to seal.
- Brush dough with beaten egg.
- Sprinkle with sesame seed.
- Bake 35 to 45 minutes or until crust is deep golden brown and no longer doughy, covering with foil during last 10 minutes of baking to prevent excessive browning. Cool 5 minutes. To serve, cut crosswise into slices.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:11.349565132805%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 348.8kcal (17.44%), Fat: 20.75g (31.93%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 24.93g (9.07%), Sugar: 6.45g (7.16%), Cholesterol: 69.79mg (23.26%), Sodium: 1258.18mg (54.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.59%), Vitamin C: 26.93mg (32.64%), Selenium: 18.4µg (26.28%), Phosphorus: 257.23mg (25.72%), Vitamin K: 23.68µg (22.55%), Vitamin B3: 3.79mg (18.97%), Vitamin B1: 0.2mg (13.6%), Vitamin B6: 0.27mg (13.3%), Calcium: 127.37mg (12.74%), Vitamin B2: 0.21mg (12.23%), Vitamin B12: 0.64µg (10.64%), Zinc: 1.54mg (10.27%), Iron: 1.53mg (8.5%), Vitamin B5: 0.82mg (8.21%), Potassium: 285.54mg (8.16%), Magnesium: 27.64mg (6.91%), Vitamin A: 321.57IU (6.43%), Folate: 23.64µg (5.91%), Manganese: 0.11mg (5.6%), Copper: 0.08mg (3.94%), Fiber: 0.97g (3.88%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.22µg (1.49%)