



Wrapped Buffalo Chicken Bites

READY IN



35 min.

SERVINGS



12

CALORIES



324 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 15 ounce chicken chunks drained canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup hot sauce
- ☐ 0.3 cup onion minced
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 cup ranch dressing
- ☐ 16 ounce crescent rolls refrigerated

☐ 0.5 cup cheddar cheese shredded or as needed

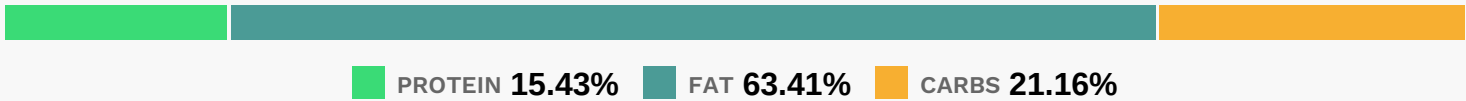
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix cream cheese, hot sauce, ranch dressing, onion, garlic powder, and onion powder together in a bowl; fold in chicken.
- ☐ Roll crescent roll dough onto a work surface, pressing dough into a thin layer without tearing.
- ☐ Cut 3-inch pieces out of dough using a biscuit cutter. Spoon about 1 tablespoon cream cheese mixture into the center of each dough piece. Pull dough over filling and press into other edge of dough; crimp edges together using a fork.
- ☐ Arrange pockets on a baking sheet.
- ☐ Brush each pocket with butter and sprinkle with Cheddar cheese.
- ☐ Bake in the preheated oven until golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:4.8117391505967%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 324.23kcal (16.21%), Fat: 23.26g (35.78%), Saturated Fat: 10.48g (65.47%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 17.36g (6.31%), Sugar: 5.01g (5.57%), Cholesterol: 47.83mg (15.94%), Sodium: 882.22mg

(38.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Selenium: 9.71µg (13.88%), Phosphorus: 108.32mg (10.83%), Vitamin C: 7.74mg (9.38%), Vitamin A: 440.2IU (8.8%), Vitamin K: 8.44µg (8.04%), Zinc: 1.18mg (7.89%), Vitamin B12: 0.46µg (7.64%), Vitamin B2: 0.11mg (6.71%), Calcium: 60.32mg (6.03%), Iron: 1.04mg (5.78%), Vitamin B6: 0.1mg (5.19%), Vitamin B3: 0.9mg (4.52%), Vitamin E: 0.49mg (3.26%), Potassium: 106.97mg (3.06%), Magnesium: 10.93mg (2.73%), Vitamin B5: 0.19mg (1.86%), Copper: 0.03mg (1.42%), Folate: 4.96µg (1.24%)