



Zippy Orange BBQ Chicken Packets

READY IN



30 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 1 teaspoon butter
- 2 medium spring onion chopped
- 1 tablespoon honey
- 3 tablespoons orange juice concentrate frozen thawed ()
- 8 ounce regular crescent rolls refrigerated pillsbury® canned
- 2 cups rotisserie chicken cut shredded
- 0.5 cup cheddar cheese shredded

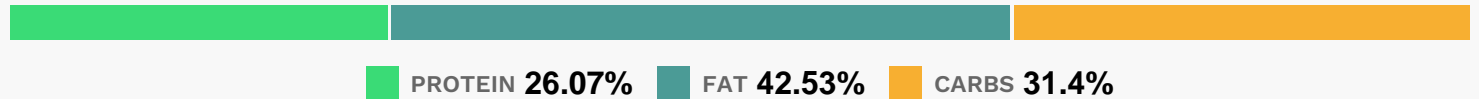
Equipment

- baking sheet
- sauce pan
- oven

Directions

- In 1-quart saucepan, melt butter over medium heat. Stir in chicken, barbecue sauce, orange juice concentrate and honey.
- Remove from the heat; stir in green onions. Set aside.
- Separate dough into 4 rectangles; press perforations to seal. Spoon 1/2 cup chicken mixture onto half of each rectangle; sprinkle with cheese. Fold dough over filling; press edges with fork to seal.
- Place on ungreased cookie sheet.
- Bake at 375 degrees F 15 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:40.32, Glycemic Load:2.46, Inflammation Score:-2, Nutrition Score:5.5308695331864%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 578.96kcal (28.95%), Fat: 27.94g (42.98%), Saturated Fat: 11.05g (69.06%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 45.77g (16.64%), Sugar: 25.39g (28.21%), Cholesterol: 130.37mg (43.46%), Sodium: 1326.39mg (57.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.53g (77.06%), Vitamin C: 17.73mg (21.49%), Vitamin K: 16.64µg (15.85%), Calcium: 121.89mg (12.19%), Phosphorus: 81.89mg (8.19%), Vitamin A: 369.66IU (7.39%), Selenium: 4.61µg (6.58%), Vitamin B2: 0.11mg (6.48%), Iron: 1.14mg (6.31%), Potassium: 187.3mg (5.35%), Folate: 17.16µg (4.29%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.07mg (3.56%), Vitamin E: 0.53mg (3.52%), Magnesium: 13.97mg (3.49%), Manganese: 0.07mg (3.4%), Vitamin B1: 0.05mg (3.13%), Fiber: 0.64g (2.55%),

Vitamin B12: 0.15µg (2.53%), Copper: 0.05mg (2.25%), Vitamin B3: 0.39mg (1.94%), Vitamin B5: 0.19mg (1.9%)