

# Chicken Squares

Lucille Buell - Plant City, FL

## Servings: 8

1 package (3 ounce) cream cheese,  
softened  
3 tablespoons butter or margarine,  
melted, divided  
2 cups cooked, cubed chicken OR two  
5-ounce cans boned chicken  
1/4 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons milk  
1 tablespoon chives or onion, chopped  
1 tablespoon pimiento (optional),  
chopped  
1 can (8 ounce) quick crescent rolls  
3/4 cup seasoned bread crumbs,  
crushed

Preheat the oven to 350 degrees.

In a medium bowl, blend the cream cheese and two tablespoons of butter until smooth. Reserve the remaining one tablespoon.

Add the chicken, salt, pepper, milk, chives and pimiento. Mix well.

Separate the crescent dough into four rectangles. Firmly press the perforations to seal.

Spoon one-half cup of the meat mixture onto the center of each rectangle. Pull the four corners of the dough to top the center of the chicken mixture, twist slightly to seal the edges.

Brush the tops of the dough squares with the reserved butter. Dip each square in bread crumbs. Place the squares on an ungreased cookie sheet.

Bake for 20 to 25 minutes until golden brown.

*A great dish for entertaining.*

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Per Serving (excluding unknown items): 183 Calories; 15g Fat (72.2% calories from fat); 4g Protein; 9g Carbohydrate; trace Dietary Fiber; 44mg Cholesterol; 496mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	183	Vitamin B6 (mg):	trace
% Calories from Fat:	72.2%	Vitamin B12 (mcg):	.1mcg

**% Calories from Carbohydrates:** 19.2%  
**% Calories from Protein:** 8.6%  
**Total Fat (g):** 15g  
**Saturated Fat (g):** 9g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 44mg  
**Carbohydrate (g):** 9g  
**Dietary Fiber (g):** trace  
**Protein (g):** 4g  
**Sodium (mg):** 496mg  
**Potassium (mg):** 73mg  
**Calcium (mg):** 41mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 583IU  
**Vitamin A (r.e.):** 166 1/2RE

**Thiamin B1 (mg):** trace  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 6mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 183 **Calories from Fat:** 132

#### % Daily Values\*

<b>Total Fat</b>	15g	23%
	Saturated Fat 9g	46%
<b>Cholesterol</b>	44mg	15%
<b>Sodium</b>	496mg	21%
<b>Total Carbohydrates</b>	9g	3%
	Dietary Fiber trace	2%
<b>Protein</b>	4g	
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<b>Vitamin A</b>		12%
<b>Vitamin C</b>		0%
<b>Calcium</b>		4%
<b>Iron</b>		4%

\* Percent Daily Values are based on a 2000 calorie diet.