

Crescent Chicken Squares

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1 package (3 ounce) cream cheese, softened
3 tablespoons butter, melted and divided
2 cups cooked rotisserie chicken, chopped
2 tablespoons milk
1 tablespoon red bell pepper (optional), chopped
1 can (8 ounce) refrigerated crescent rolls
3/4 cup seasoned croutons, crushed

Preheat the oven to 350 degrees.

In a large bowl, combine the cream cheese and two tablespoons of butter. Stir in the chicken, milk and red bell pepper. Set aside.

Unroll the crescent dough, separating into four rectangles. Press the perforations to seal. Spoon one-quarter of the chicken mixture into the center of each rectangle. Bring the corners of each rectangle together over the chicken mixture. Twist gently to seal.

Place the crushed croutons in a shallow dish. Brush the chicken packets with the remaining butter, dredge in the croutons and place on an ungreased baking sheet.

Serve these up with a side of veggies. We're thinking some Classic Creamed Spinach would be nice!

Per Serving (excluding unknown items): 1273 Calories; 122g Fat (84.9% calories from fat); 22g Protein; 27g Carbohydrate; 2g Dietary Fiber; 354mg Cholesterol; 1423mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 23 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1273	Vitamin B6 (mg):	.1mg
% Calories from Fat:	84.9%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	8.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	122g	Folacin (mcg):	60mcg
Saturated Fat (g):	75g	Niacin (mg):	2mg
Monounsaturated Fat (g):	35g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	354mg
Carbohydrate (g):	27g
Dietary Fiber (g):	2g
Protein (g):	22g
Sodium (mg):	1423mg
Potassium (mg):	389mg
Calcium (mg):	261mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	4661IU
Vitamin A (r.e.):	1334RE

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	23
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1273 **Calories from Fat:** 1081

% Daily Values*

Total Fat 122g	188%
Saturated Fat 75g	373%
Cholesterol 354mg	118%
Sodium 1423mg	59%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	6%
Protein 22g	
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Vitamin A	93%
Vitamin C	0%
Calcium	26%
Iron	21%

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