



Asian Chicken Toppers

 Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



88 kcal

SIDE DISH

Ingredients

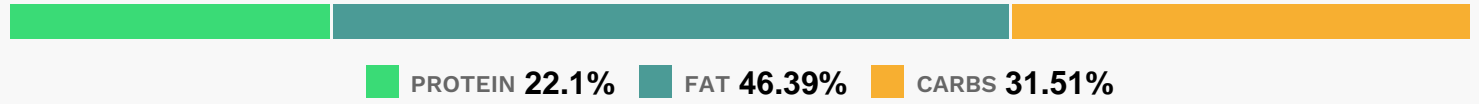
- 2 Tbsp asian sesame dressing toasted kraft
- 6 oz chicken breast half boneless skinless cooked thinly sliced
- 1 cucumber trimmed
- 1 green onion sliced
- 30 ritz crackers
- 1 Tbsp planters honey roasted roasted peanuts dry finely chopped

Equipment

Directions

- Cut each cucumber half into 30 slices. Chop chicken into 30 pieces.
- Top crackers with cucumbers and chicken.
- Drizzle with dressing; top with onions and nuts.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.8956521743018%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 87.62kcal (4.38%), Fat: 4.52g (6.95%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 6.33g (2.3%), Sugar: 1.44g (1.6%), Cholesterol: 10.89mg (3.63%), Sodium: 136.23mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin B3: 2.38mg (11.9%), Vitamin K: 10.97µg (10.45%), Selenium: 6.02µg (8.6%), Vitamin B6: 0.15mg (7.57%), Phosphorus: 72.09mg (7.21%), Manganese: 0.1mg (4.93%), Vitamin B1: 0.06mg (4.25%), Potassium: 130.54mg (3.73%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.52mg (3.48%), Folate: 13.39µg (3.35%), Iron: 0.59mg (3.28%), Vitamin B2: 0.05mg (2.95%), Magnesium: 11.65mg (2.91%), Fiber: 0.57g (2.28%), Copper: 0.04mg (2.23%), Calcium: 21.38mg (2.14%), Vitamin C: 1.39mg (1.68%), Zinc: 0.23mg (1.55%)