



Cashew-Chicken Firecrackers

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup roasted chicken cooked finely chopped
- ☐ 0.5 cup bell pepper red (1x)
- ☐ 0.5 cup carrots shredded (2 small)
- ☐ 0.3 cup cashew pieces coarsely chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 3 tablespoons orange marmalade
- ☐ 1 teaspoon highest available proof grain spirit
- ☐ 16 oz dough frozen thawed (fillo) (40 sheets; 14x9 inch)

- ☐ 2 tablespoons olive oil cooking spray
- ☐ 0.3 cup hoisin sauce
- ☐ 0.3 cup orange juice

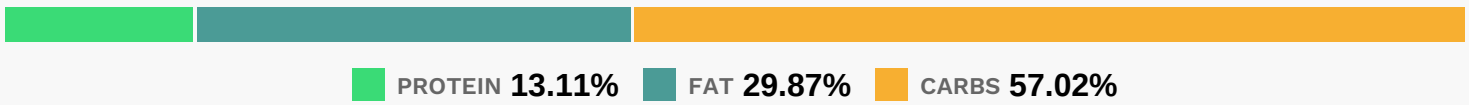
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Heat oven to 375°F. Spray cookie sheets with cooking spray. In medium bowl, mix chicken, bell pepper, carrots, cashews, onions, marmalade and garlic-pepper blend; set aside.
- ☐ Work with 2 phyllo sheets at a time. Cover remaining sheets with plastic wrap and damp towel. On work surface, stack 2 phyllo sheets. Spray with cooking spray (2 seconds).
- ☐ Cut in half crosswise, forming 2 (9x7-inch) rectangles.
- ☐ Spoon 1 rounded tablespoon chicken mixture on short end of each rectangle.
- ☐ Roll up; twist about 1 inch from each end, sealing tube and forming firecracker shape.
- ☐ Place seam side down on cookie sheet.
- ☐ Repeat with remaining phyllo sheets and chicken mixture. Spray tops of appetizers with cooking spray (1 second for 2 appetizers).
- ☐ Bake 18 to 20 minutes or until crisp and brown. Meanwhile, in small bowl, mix hoisin sauce and orange juice for dipping sauce.
- ☐ Serve sauce with warm "firecrackers."

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:4.94, Inflammation Score:-5, Nutrition Score:4.7856522241364%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 123kcal (6.15%), Fat: 4.08g (6.27%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 16.68g (6.06%), Sugar: 3.51g (3.9%), Cholesterol: 5.35mg (1.78%), Sodium: 175.9mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin A: 674.87IU (13.5%), Selenium: 7.54µg (10.77%), Vitamin B1: 0.14mg (9.62%), Manganese: 0.17mg (8.43%), Vitamin C: 6.91mg (8.38%), Vitamin B3: 1.64mg (8.22%), Folate: 26.19µg (6.55%), Vitamin B2: 0.1mg (6.16%), Iron: 1.05mg (5.84%), Phosphorus: 48.77mg (4.88%), Copper: 0.09mg (4.35%), Vitamin K: 4.52µg (4.3%), Magnesium: 13.89mg (3.47%), Fiber: 0.84g (3.36%), Vitamin B6: 0.07mg (3.27%), Zinc: 0.39mg (2.61%), Potassium: 81.01mg (2.31%), Vitamin B5: 0.19mg (1.88%)