



## Cheesy BBQ Chicken Bites

READY IN



15 min.

SERVINGS



8

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 2 oz milk cheddar cheese 2% kraft
- 0.3 lb chicken breast half boneless skinless cooked cut into 16 thin slices
- 1 green onion sliced
- 16 woven wheat crackers

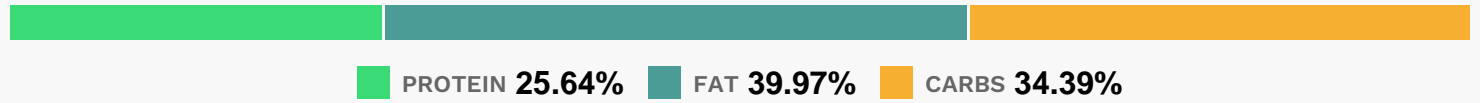
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 350F.
- Cut cheese into 8 slices; cut each slice crosswise in half.
- Combine chicken and sauce.
- Place crackers in single layer on baking sheet; top with chicken and cheese.
- Bake 4 to 5 min. or until cheese is melted. Top with onions.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.7286956517593%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 78.77kcal (3.94%), Fat: 3.48g (5.35%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.35g (2.31%), Sugar: 3.53g (3.93%), Cholesterol: 16.16mg (5.39%), Sodium: 184.37mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Selenium: 6.67µg (9.52%), Vitamin B3: 1.54mg (7.72%), Phosphorus: 64.57mg (6.46%), Vitamin B6: 0.12mg (5.93%), Calcium: 57.25mg (5.72%), Vitamin K: 3.46µg (3.3%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.36mg (2.42%), Potassium: 82.78mg (2.37%), Vitamin A: 110.24IU (2.2%), Magnesium: 7.06mg (1.77%), Vitamin B12: 0.1µg (1.72%), Fiber: 0.38g (1.5%), Iron: 0.24mg (1.32%), Vitamin E: 0.16mg (1.07%)