



Cheesy BBQ Chicken Bites

READY IN



15 min.

SERVINGS



15

CALORIES



42 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

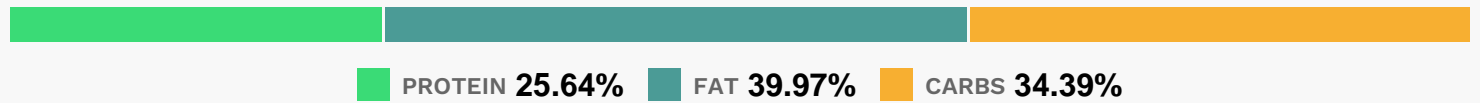
Equipment

- 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:3.93, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.4556521689114%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 42.01kcal (2.1%), Fat: 1.85g (2.85%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.88g (2.09%), Cholesterol: 8.62mg (2.87%), Sodium: 98.33mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Selenium: 3.56µg (5.08%), Vitamin B3: 0.82mg (4.12%), Phosphorus: 34.44mg (3.44%), Vitamin B6: 0.06mg (3.16%), Calcium: 30.53mg (3.05%), Vitamin K: 1.85µg (1.76%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.13mg (1.32%), Zinc: 0.19mg (1.29%), Potassium: 44.15mg (1.26%), Vitamin A: 58.8IU (1.18%)