



Chicken-Apple Crostini

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon neufcha@gtel cheese softened
- 10 garlic-flavored melba rounds
- 1 Dash garlic powder
- 2 tablespoons apples i use 2 granny smith apples grated peeled
- 1.5 teaspoons green onions chopped
- 1 ounce roasted chicken breast finely chopped

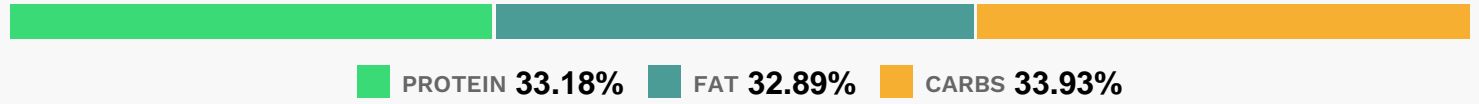
Equipment

- bowl

Directions

- Combine first 5 ingredients in a small bowl, stirring well.
- Spread chicken mixture evenly on Melba rounds.
- Garnish with fresh chives, if desired.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:0.97999999056692%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 16.93kcal (0.85%), Fat: 0.63g (0.97%), Saturated Fat: 0.32g (2%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.35g (0.39%), Cholesterol: 3.91mg (1.3%), Sodium: 12.5mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin B6: 0.06mg (2.84%), Manganese: 0.05mg (2.62%), Selenium: 1.64µg (2.34%), Vitamin B3: 0.41mg (2.07%), Phosphorus: 18.4mg (1.84%), Calcium: 16.86mg (1.69%), Vitamin C: 1.13mg (1.37%)