



Chicken-Chutney-Cucumber Cups

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



36

CALORIES



33 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 cups roasted chicken cooked finely chopped
- 0.3 cup apples red unpeeled finely chopped
- 0.3 cup peanuts chopped
- 0.5 cup mango chutney chopped
- 3 medium cucumber english seedless ()

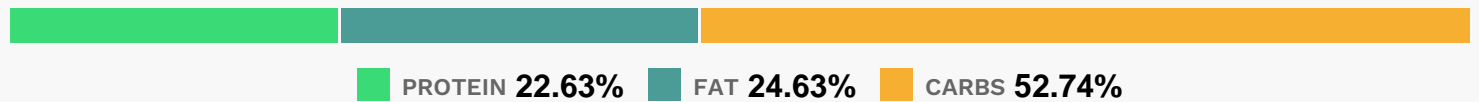
Equipment

- bowl
- melon baller

Directions

- In medium bowl, mix all ingredients except cucumbers.
- Cut tapered ends from cucumbers. Draw tines of fork lengthwise through cucumber peel to score; cut into 3/4-inch-thick slices.
- With small melon baller, scoop and discard center portion of each slice; do not go through bottom. Fill each with 1 tablespoon chicken mixture.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:1.4186956574735%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 32.85kcal (1.64%), Fat: 0.92g (1.42%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.8g (3.11%), Cholesterol: 4.38mg (1.46%), Sodium: 6.62mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin K: 4.12µg (3.92%), Vitamin B3: 0.65mg (3.24%), Manganese: 0.05mg (2.49%), Selenium: 1.68µg (2.4%), Phosphorus: 22.13mg (2.21%), Vitamin B6: 0.04mg (1.94%), Potassium: 62.22mg (1.78%), Magnesium: 6.61mg (1.65%), Vitamin B5: 0.14mg (1.41%), Vitamin C: 1.16mg (1.4%), Copper: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.29%), Folate: 5.02µg (1.26%), Vitamin B1: 0.02mg (1.21%), Fiber: 0.29g (1.18%), Iron: 0.2mg (1.14%), Zinc: 0.16mg (1.09%)