



Chicken Salad Tarts

 Dairy Free

READY IN



18 min.

SERVINGS



10

CALORIES



28 kcal

Ingredients

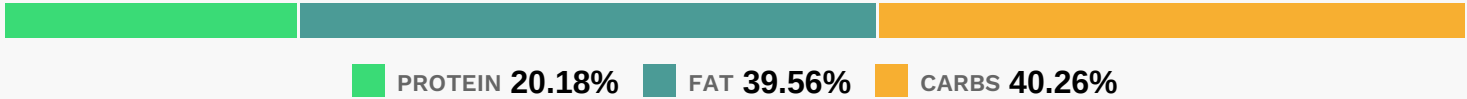
- ☐ 10 servings basil
- ☐ 10 servings blackberries
- ☐ 0.8 cup chicken store-bought
- ☐ 1 slices mangos
- ☐ 1.9 oz athens phyllo shells frozen mini

Equipment

Directions

- ☐ Crisp pastry shells according to package directions; cool. Spoon chicken salad into cooled shells. Gently place 1 fresh mango sliver onto chicken salad in each shell, shaping mango sliver to resemble a flower.
- ☐ Place 1 small piece of blackberry and 1 small basil sprig next to each mango slice.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.96782607633782%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 28.39kcal (1.42%), Fat: 1.38g (2.12%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 3.07g (1.12%), Sugar: 0.07g (0.08%), Cholesterol: 3.05mg (1.02%), Sodium: 14.14mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin K: 8.56µg (8.16%), Vitamin A: 114.42IU (2.29%), Manganese: 0.03mg (1.51%), Vitamin B3: 0.3mg (1.51%)