



Chipotle Chicken Bites

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small chipotle pepper in adobo sauce whole chopped
- 2 Tbsp cilantro leaves finely chopped
- 1 cup chicken breast shredded cooked
- 4 oz philadelphia cream cheese softened ()
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup mangos chopped
- 24 ritz crackers

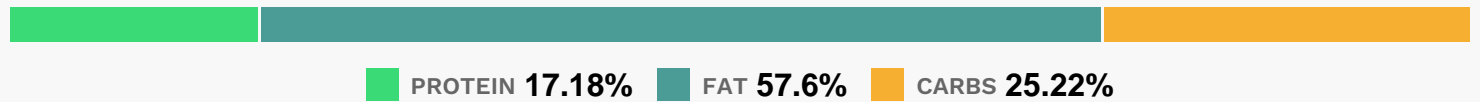
Equipment

- bowl
- blender

Directions

- Place dressing and chipotle in blender; cover. Blend until smooth.
- Mix chicken and dressing mixture in small bowl.
- Mix cream cheese and mango in separate small bowl until well blended.
- Top each cracker with about 1 tsp. cream cheese mixture and about 1 Tbsp. chicken mixture.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.5830434768096%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 55.76kcal (2.79%), Fat: 3.58g (5.5%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.28g (1.42%), Cholesterol: 10.98mg (3.66%), Sodium: 69.47mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin B3: 0.76mg (3.81%), Selenium: 2.43µg (3.47%), Phosphorus: 30.15mg (3.02%), Vitamin K: 3.04µg (2.89%), Vitamin A: 126.92IU (2.54%), Vitamin B2: 0.03mg (2.03%), Vitamin B6: 0.04mg (2%), Vitamin C: 1.52mg (1.84%), Vitamin E: 0.24mg (1.63%), Iron: 0.28mg (1.56%), Vitamin B1: 0.02mg (1.54%), Folate: 5.25µg (1.31%), Calcium: 12.56mg (1.26%), Manganese: 0.02mg (1.22%), Vitamin B5: 0.12mg (1.22%), Zinc: 0.16mg (1.08%), Potassium: 36.17mg (1.03%)