



Cranberry Chicken Phyllo Cups

READY IN



30 min.

SERVINGS



15

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.9 oz athens phyllo shells frozen mini (15 shells)
- 0.3 cup cranberries dried chopped
- 0.8 cup chicken breast strips/pre-cooked/chopped cooked finely chopped
- 6 oz yogurt plain fat free
- 1 tablespoon juice of lemon fresh
- 3 tablespoons walnut pieces toasted chopped
- 2 medium spring onion chopped
- 1 teaspoon rosemary leaves fresh chopped
- 0.5 teaspoon salt

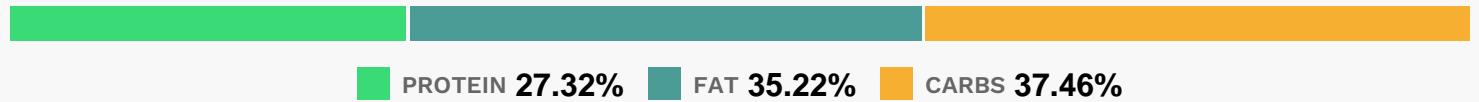
Equipment

bowl

Directions

- Thaw phyllo shells as directed on package.
- In medium bowl, mix 2 tablespoons of the cranberries and the remaining ingredients.
- Spoon generous teaspoonfuls mixture into shells.
- Garnish with remaining 2 tablespoons cranberries and, if desired, rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.0239130396234%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 50.53kcal (2.53%), Fat: 2.1g (3.23%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.73g (1.72%), Sugar: 2.46g (2.74%), Cholesterol: 6.18mg (2.06%), Sodium: 99.37mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin B3: 1.02mg (5.09%), Vitamin K: 4.39µg (4.18%), Phosphorus: 41.67mg (4.17%), Manganese: 0.08mg (3.95%), Selenium: 2.46µg (3.52%), Vitamin B6: 0.06mg (3.06%), Calcium: 27.33mg (2.73%), Vitamin B2: 0.04mg (2.34%), Copper: 0.04mg (2.01%), Magnesium: 7.89mg (1.97%), Potassium: 63.26mg (1.81%), Zinc: 0.25mg (1.68%), Vitamin B5: 0.16mg (1.59%), Vitamin B12: 0.09µg (1.55%), Folate: 5.09µg (1.27%), Vitamin B1: 0.02mg (1.25%), Fiber: 0.3g (1.19%), Vitamin C: 0.9mg (1.09%)