



Crunchy Chicken Salad in Phyllo Cups

READY IN



45 min.

SERVINGS



24

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter divided melted
- ☐ 1 cup chicken breast diced cooked finely
- ☐ 4 slices bacon crumbled cooked
- ☐ 1 teaspoon curry powder
- ☐ 3 tablespoons chives fresh minced
- ☐ 1 hard-cooked egg diced finely
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 5 sheets commercial phyllo pastry frozen thawed

- ☐ 2 ounce pimientos diced drained
- ☐ 0.3 cup slivered almonds toasted

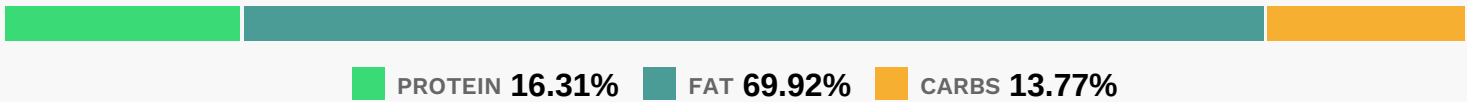
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Brush 2 miniature (1 3/4-inch) muffin pans with 1 tablespoon melted butter; set aside.
- ☐ Place 1 sheet of phyllo on a damp towel (keep remaining phyllo covered). Lightly brush phyllo with melted butter.
- ☐ Layer remaining 4 sheets phyllo on first sheet, brushing each sheet with melted butter.
- ☐ Cut phyllo stack into 24 circles using a 2 1/2-inch biscuit cutter.
- ☐ Place phyllo circles into prepared muffin cups, pressing phyllo against bottom and up sides of cups.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly browned.
- ☐ Let cool completely in pans on a wire rack; remove from pans.
- ☐ Combine chicken and next 5 ingredients in a medium bowl; stir well.
- ☐ Combine mayonnaise, lemon juice, and curry powder; stir into chicken mixture. Cover and chill at least 2 hours.
- ☐ When ready to serve, spoon chicken mixture evenly into phyllo cups.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:2.5439130262188%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 78.91kcal (3.95%), Fat: 6.15g (9.47%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.22g (0.24%), Cholesterol: 20.44mg (6.81%), Sodium: 83.86mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin K: 6.48µg (6.17%), Vitamin B3: 1.18mg (5.91%), Selenium: 4.03µg (5.76%), Vitamin E: 0.63mg (4.18%), Vitamin C: 2.93mg (3.55%), Phosphorus: 34.52mg (3.45%), Vitamin B2: 0.05mg (3.23%), Manganese: 0.06mg (3.12%), Vitamin A: 153.59IU (3.07%), Vitamin B6: 0.06mg (2.81%), Vitamin B1: 0.04mg (2.6%), Iron: 0.37mg (2.04%), Magnesium: 7.61mg (1.9%), Folate: 6.33µg (1.58%), Fiber: 0.36g (1.42%), Zinc: 0.21mg (1.37%), Copper: 0.03mg (1.37%), Potassium: 46.92mg (1.34%), Vitamin B5: 0.13mg (1.3%), Vitamin B12: 0.07µg (1.09%)