



Curried Chicken Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



44

CALORIES



12 kcal

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 2 teaspoons chicken soup base
- ☐ 1.3 cups chicken breast strips/pre-cooked/chopped cooked finely chopped (skinned before cooking and without salt)
- ☐ 8 ounce cream fat-free sour
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons onion minced

- ☐ 2 ounce pimientos diced drained
- ☐ 1 cup water cold divided

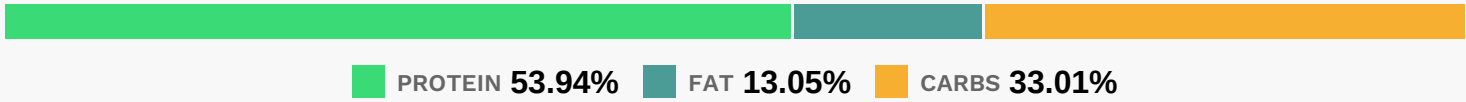
Equipment

- ☐ sauce pan

Directions

- ☐ Sprinkle gelatin over 1/2 cup cold water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves (about 2 minutes).
- ☐ Add bouillon granules, red pepper, and curry powder, stirring until bouillon granules dissolve; remove from heat.
- ☐ Add remaining 1/2 cup cold water and minced onion, stirring well; chill until consistency of unbeaten egg white.
- ☐ Stir in chicken and next 4 ingredients; spoon mixture into a 4-cup mold coated with cooking spray. Cover and chill at least 8 hours. Unmold and serve with reduced-fat crackers.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.84652173381461%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 11.85kcal (0.59%), Fat: 0.17g (0.26%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.09g (0.1%), Cholesterol: 3.86mg (1.29%), Sodium: 33.26mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin B3: 0.57mg (2.83%), Selenium: 1.47µg (2.1%), Vitamin C: 1.5mg (1.82%), Vitamin K: 1.86µg (1.77%), Phosphorus: 14.86mg (1.49%), Vitamin B6: 0.03mg (1.49%), Vitamin A: 63.61IU (1.27%)