



Curried Chicken Snackers

READY IN



70 min.

SERVINGS



10

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

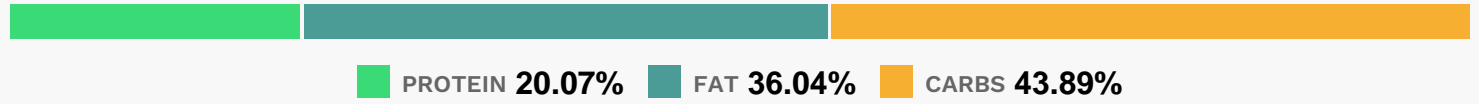
- 0.3 cup celery finely chopped
- 4 oz chicken breast half boneless skinless cooked finely chopped
- 0.3 cup knudsen cream light sour
- 0.5 tsp curry powder
- 0.3 cup apricots dried finely chopped
- 24 ritz crackers low sodium

Equipment

Directions

- Mix all ingredients except crackers until well blended; cover.
- Refrigerate at least 1 hour to allow flavors to blend.
- Spoon 2 tsp. of the mixture onto each cracker just before serving.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:2.6969565062419%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.68kcal (3.23%), Fat: 2.61g (4.01%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.67g (2.43%), Sugar: 2.37g (2.63%), Cholesterol: 9.27mg (3.09%), Sodium: 83.83mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin B3: 1.63mg (8.17%), Selenium: 4.24µg (6.05%), Phosphorus: 50.81mg (5.08%), Vitamin B6: 0.1mg (4.9%), Vitamin K: 4.59µg (4.37%), Potassium: 108.52mg (3.1%), Vitamin E: 0.46mg (3.06%), Vitamin A: 151.72IU (3.03%), Vitamin B1: 0.04mg (2.84%), Manganese: 0.06mg (2.76%), Iron: 0.49mg (2.72%), Vitamin B2: 0.04mg (2.44%), Calcium: 23.04mg (2.3%), Vitamin B5: 0.21mg (2.11%), Folate: 7.66µg (1.91%), Fiber: 0.48g (1.91%), Magnesium: 6.46mg (1.62%), Copper: 0.03mg (1.29%), Zinc: 0.16mg (1.06%)