



Curried Chicken Spread

READY IN



75 min.

SERVINGS



15

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp celery finely chopped
- 1 cup meat from a rotisserie chicken cooked finely chopped
- 8 oz philadelphia cream cheese softened
- 0.5 tsp curry powder
- 1 Tbsp real mayo mayonnaise kraft
- 3 Tbsp orange juice
- 28 stoned wheat crackers

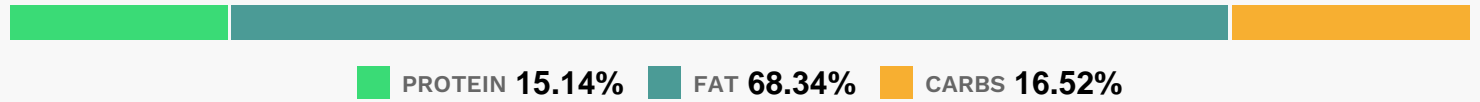
Equipment

- bowl
- hand mixer

Directions

- Beat cream cheese, orange juice, mayo and curry powder in small bowl with electric mixer on medium speed until well blended. Stir in chicken and celery; cover.
- Refrigerate at least 1 hour before serving.
- Garnish as desired.
- Serve as a spread with the crackers.

Nutrition Facts



Properties

Glycemic Index:11.07, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:1.8126086804044%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 93.3kcal (4.66%), Fat: 7.12g (10.96%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.59g (1.31%), Sugar: 1.35g (1.5%), Cholesterol: 22.66mg (7.55%), Sodium: 88.51mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Selenium: 3.64µg (5.19%), Vitamin A: 219.43IU (4.39%), Vitamin B3: 0.77mg (3.84%), Phosphorus: 35.34mg (3.53%), Vitamin B2: 0.05mg (2.97%), Vitamin B6: 0.05mg (2.48%), Vitamin C: 1.74mg (2.11%), Vitamin K: 2.18µg (2.08%), Calcium: 19.19mg (1.92%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.22mg (1.5%), Potassium: 51.94mg (1.48%), Iron: 0.25mg (1.37%), Vitamin E: 0.18mg (1.19%), Fiber: 0.28g (1.14%), Vitamin B12: 0.06µg (1.02%)