



## Curried Mango and Chicken Appetizers

READY IN



50 min.

SERVINGS



15

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup yogurt plain
- 2 tablespoons mango chutney chopped
- 1 teaspoon curry powder
- 0.3 teaspoon salt
- 1 cup roasted chicken cooked finely chopped
- 0.3 cup mangos fresh diced
- 2 tablespoons onion red finely chopped
- 2 tablespoons mint leaves fresh chopped
- 2.1 oz athens phyllo shells frozen mini (15 shells)

1 serving mint leaves fresh

## Equipment

bowl

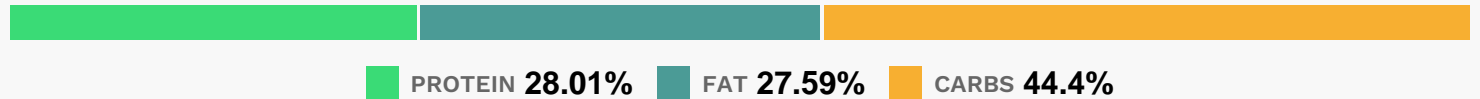
## Directions

In medium bowl, mix yogurt, chutney, curry powder and salt. Stir in chicken, mango, onion and chopped mint. Cover; refrigerate 30 minutes.

Spoon 1 rounded tablespoon chicken mixture into each phyllo shell. Top with mint sprig.

Serve immediately, or refrigerate until serving.

## Nutrition Facts



## Properties

Glycemic Index:10.52, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:1.3121739110869%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 43.22kcal (2.16%), Fat: 1.39g (2.13%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.82g (1.75%), Sugar: 1.98g (2.2%), Cholesterol: 7.71mg (2.57%), Sodium: 57.75mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin B3: 0.78mg (3.89%), Selenium: 2.52µg (3.59%), Phosphorus: 25.37mg (2.54%), Vitamin B6: 0.05mg (2.39%), Vitamin C: 1.61mg (1.95%), Vitamin B2: 0.03mg (1.6%), Vitamin A: 71.46IU (1.43%), Zinc: 0.19mg (1.29%), Potassium: 44.67mg (1.28%), Vitamin B5: 0.12mg (1.22%), Iron: 0.21mg (1.18%), Calcium: 11.29mg (1.13%), Manganese: 0.02mg (1.04%), Magnesium: 4.05mg (1.01%)