



Curried Mango and Chicken Appetizers

READY IN



50 min.

SERVINGS



15

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

☐ 0.3 teaspoon salt

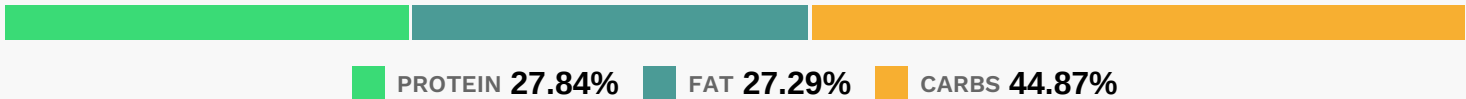
Equipment

☐ 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 fillo 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:1.4760869563274%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg 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: 43.88kcal (2.19%), Fat: 1.39g (2.15%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.89g (1.78%), Sugar: 1.98g (2.2%), Cholesterol: 7.71mg (2.57%), Sodium: 58.04mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin B3: 0.79mg (3.97%), Selenium: 2.52µg (3.59%), Phosphorus: 26.05mg (2.61%), Vitamin B6: 0.05mg (2.45%), Vitamin C: 1.91mg (2.31%), Vitamin A: 111.11IU (2.22%), Vitamin B2: 0.03mg (1.75%), Manganese: 0.03mg (1.59%), Iron: 0.26mg (1.45%), Potassium: 49.98mg (1.43%), Calcium: 13.56mg (1.36%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.13mg (1.25%), Magnesium: 4.8mg (1.2%), Folate: 4.68µg (1.17%), Fiber: 0.27g (1.09%)