



Easy Asian-Style Chicken Appetizers

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



104 kcal

SIDE DISH

Ingredients

- 3 Tbsp seasons asian sesame with ginger dressing good kraft
- 2 green onions thinly sliced
- 1 Tbsp real mayo mayonnaise kraft
- 1 dash pepper black freshly ground
- 24 ritz crackers
- 0.3 cup planters roasted peanuts dry chopped
- 1.5 cups meat from a rotisserie chicken shredded cooked chopped
- 8 snow peas chopped

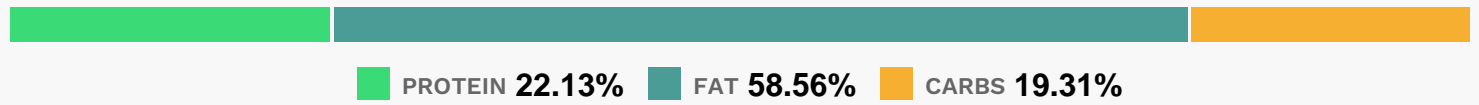
Equipment

bowl

Directions

- Mix dressing and mayo in medium bowl until well blended.
- Add all remaining ingredients except nuts and crackers; mix well.
- Spoon chicken mixture onto crackers just before serving; top with nuts.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.4295652568664%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 103.57kcal (5.18%), Fat: 6.78g (10.43%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.52g (1.64%), Sugar: 1.05g (1.17%), Cholesterol: 13.61mg (4.54%), Sodium: 126.51mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.53%), Vitamin K: 11.43µg (10.89%), Vitamin B3: 2.14mg (10.68%), Selenium: 4.98µg (7.11%), Phosphorus: 64.15mg (6.42%), Manganese: 0.11mg (5.32%), Vitamin B6: 0.09mg (4.62%), Vitamin E: 0.61mg (4.1%), Iron: 0.6mg (3.33%), Vitamin B1: 0.04mg (2.96%), Vitamin B2: 0.05mg (2.95%), Magnesium: 10.96mg (2.74%), Zinc: 0.4mg (2.7%), Folate: 9.85µg (2.46%), Vitamin B5: 0.24mg (2.44%), Potassium: 80.5mg (2.3%), Fiber: 0.51g (2.05%), Copper: 0.03mg (1.67%), Calcium: 15.77mg (1.58%)