



## Festive Cranberry-Chicken Topper

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



15

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp lite creamy caesar dressing kraft
- 1 cup chicken breast cooked chopped
- 0.3 cup cranberries dried chopped
- 2 green onions chopped
- 1 Tbsp grey poupon savory honey mustard
- 36 rosemary and olive oil woven wheat crackers
- 1 Tbsp oscar mayer real bacon bits
- 2 romaine lettuce leaves

# Equipment

## Directions

- Combine all ingredients except crackers and lettuce.
- Refrigerate 1 hour.
- Top crackers with lettuce and chicken mixture just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:2.1717391189026%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 63.59kcal (3.18%), Fat: 4.57g (7.03%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.83g (2.03%), Cholesterol: 9.75mg (3.25%), Sodium: 62.18mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin K: 11.85µg (11.29%), Vitamin A: 344.08IU (6.88%), Vitamin B3: 1.31mg (6.56%), Selenium: 2.66µg (3.8%), Vitamin E: 0.57mg (3.77%), Vitamin B6: 0.06mg (3.06%), Phosphorus: 23.71mg (2.37%), Folate: 6.53µg (1.63%), Iron: 0.21mg (1.17%), Potassium: 39.4mg (1.13%), Vitamin B5: 0.1mg (1.03%)