



Green Goddess Chicken Bites

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 0.3 cup celery finely chopped
- 2 tablespoons spring onion sliced (2 medium)
- 0.5 cup creamy peanut butter italian (from 12-oz jar)
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 1 tablespoon tarragon fresh chopped
- 24 bruschetta toasts
- 1 leaves parsley fresh italian (flat-leaf)

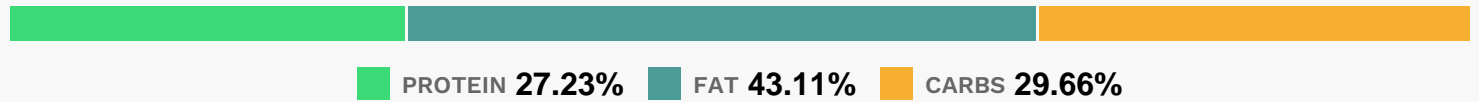
Equipment

- bowl
- blender

Directions

- In large bowl, mix chicken, celery and onions.
- In blender, place dressing, chopped parsley and the tarragon. Cover; blend on low speed 10 seconds. Blend on high speed 20 to 30 seconds or until smooth. Gently stir dressing into chicken mixture. Cover; refrigerate until serving time.
- Top each toast with 1 tablespoon chicken mixture.
- Garnish with parsley leaves.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:3.5382608615834%

Flavonoids

Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 181.2kcal (9.06%), Fat: 8.96g (13.79%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 12.23g (4.45%), Sugar: 2.19g (2.44%), Cholesterol: 28.39mg (9.46%), Sodium: 226.36mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Vitamin K: 15.02µg (14.3%), Manganese: 0.21mg (10.45%), Vitamin B3: 1.5mg (7.52%), Vitamin E: 1mg (6.64%), Fiber: 1.64g (6.58%), Magnesium: 21mg (5.25%), Phosphorus: 39.58mg (3.96%), Folate: 13.38µg (3.35%), Vitamin B6: 0.06mg (3.23%), Potassium: 90.63mg (2.59%), Copper: 0.05mg (2.59%), Iron: 0.44mg (2.44%), Vitamin A: 107.1IU (2.14%), Zinc: 0.31mg (2.07%), Vitamin C: 1.54mg (1.87%), Vitamin B2: 0.03mg (1.83%), Calcium: 14.51mg (1.45%), Vitamin B5: 0.12mg (1.23%), Vitamin B1: 0.02mg (1.2%)