



Horseradish chicken tartlets

 Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g roasted chicken cooked chopped
- ☐ 1 apples green peeled finely chopped
- ☐ 6 tbsp horseradish
- ☐ 24 bread country-style mini toasted
- ☐ 24 servings watercress

Equipment

Directions

☐ Mix the cooked chicken with the apple and horseradish sauce, then season. Spoon mixture into 24 mini croustades or onto toasted rounds of country-style bread and top with watercress.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:7.61, Inflammation Score:-7, Nutrition Score:11.130434789087%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

Nutrients (% of daily need)

Calories: 100.12kcal (5.01%), Fat: 1.89g (2.91%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 13.61g (4.95%), Sugar: 2.76g (3.07%), Cholesterol: 6.25mg (2.08%), Sodium: 168.46mg (7.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Vitamin K: 86.59µg (82.46%), Vitamin A: 1093.09IU (21.86%), Manganese: 0.43mg (21.28%), Vitamin C: 15.96mg (19.34%), Selenium: 10.52µg (15.04%), Vitamin B3: 2.31mg (11.56%), Vitamin B1: 0.15mg (10.16%), Calcium: 79.36mg (7.94%), Phosphorus: 74.52mg (7.45%), Vitamin B2: 0.13mg (7.44%), Folate: 29.64µg (7.41%), Iron: 1.2mg (6.68%), Fiber: 1.6g (6.38%), Vitamin B6: 0.12mg (5.75%), Magnesium: 21.76mg (5.44%), Potassium: 188.1mg (5.37%), Vitamin B5: 0.42mg (4.24%), Copper: 0.08mg (3.83%), Zinc: 0.49mg (3.26%), Vitamin E: 0.41mg (2.71%)