



Mandarin Almond-Chicken Bites

READY IN



70 min.

SERVINGS



10

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

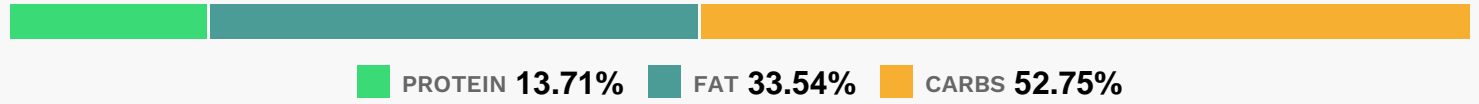
- 2 Tbsp planters almonds sliced
- 0.5 cup mandarin orange segments canned drained chopped
- 0.5 cup meat from a rotisserie chicken cooked finely chopped
- 0.3 cup cranberries dried
- 2 Tbsp miracle whip dressing light
- 48 woven wheat crackers reduced-fat

Equipment

Directions

- Combine all ingredients except crackers.
- Refrigerate 1 hour.
- Spoon onto crackers just before serving.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.8913043711496%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 81.7kcal (4.08%), Fat: 3.12g (4.8%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 9.85g (3.58%), Sugar: 4.62g (5.13%), Cholesterol: 5.54mg (1.85%), Sodium: 101.38mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Fiber: 1.2g (4.8%), Vitamin E: 0.59mg (3.93%), Vitamin C: 3.21mg (3.89%), Vitamin B3: 0.68mg (3.41%), Manganese: 0.05mg (2.75%), Selenium: 1.86µg (2.66%), Vitamin A: 129.08IU (2.58%), Phosphorus: 24.5mg (2.45%), Iron: 0.42mg (2.36%), Vitamin B2: 0.04mg (2.17%), Magnesium: 8.03mg (2.01%), Vitamin B6: 0.04mg (1.83%), Copper: 0.03mg (1.52%), Zinc: 0.22mg (1.48%), Calcium: 13.58mg (1.36%), Potassium: 46.59mg (1.33%), Vitamin B1: 0.02mg (1.14%)