



## Mini Greek Chicken Salad Bites

READY IN



42 min.

SERVINGS



45

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black
- 3 ounces feta cheese crumbled
- 1 tablespoon optional: dill dried fresh chopped
- 0.5 cup mayonnaise light
- 0.3 cup olives ripe sliced chopped
- 6.3 ounce phyllo shells frozen mini thawed
- 0.3 cup onion diced red
- 0.1 teaspoon salt
- 12 ounce chicken breast halves boneless skinless

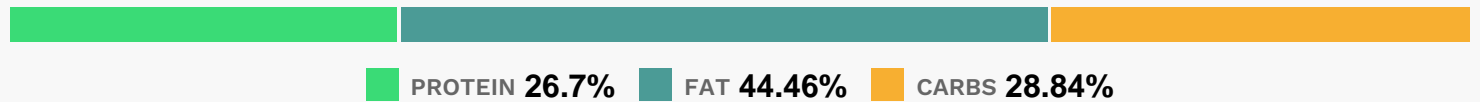
## Equipment

- food processor
- bowl
- frying pan
- sauce pan

## Directions

- Place chicken in a saucepan; add water to cover. Bring to a boil; reduce heat, and simmer 18 minutes or until chicken is done.
- Remove from pan; let cool.
- Place chicken in a food processor. Pulse 3 to 5 times or until chicken is finely chopped.
- Combine chicken, mayonnaise, and next 6 ingredients in a bowl; stir until combined. Spoon about 1 tablespoon chicken mixture into each phyllo shell.
- Serve immediately, or cover and chill up to 2 hours.
- Garnish with fresh dill sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:1.91, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1143478138939%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 34.96kcal (1.75%), Fat: 1.82g (2.81%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.13g (0.14%), Cholesterol: 6.92mg (2.31%), Sodium: 77.49mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin B3: 0.81mg (4.06%), Selenium: 2.78µg (3.97%), Vitamin B6: 0.07mg (3.36%), Phosphorus: 23.29mg (2.33%), Vitamin B2: 0.02mg (1.41%), Vitamin K: 1.42µg

(1.35%), Vitamin B5: 0.13mg (1.29%), Calcium: 11.68mg (1.17%)