



## Oriental Firecrackers

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon gingerroot minced peeled
- 12 green onions
- 0.5 cup horseradish mustard hot
- 1.5 tablespoons horseradish mustard hot
- 16 sheets phyllo pastry frozen thawed
- 1 teaspoon sesame oil
- 1.3 cups meat from a rotisserie chicken shredded cooked
- 0.5 teaspoon sugar

- 1.5 tablespoons teriyaki sauce reduced-sodium
- 2 teaspoons citrus champagne vinegar

## Equipment

- food processor
- bowl
- baking sheet
- oven
- knife

## Directions

- Remove tops of green onions; set aside white portion of onions.
- Cut green onion tops into very thin strips; place in a bowl of ice water, and set aside. Slice white portion of 3 onions; set aside. Reserve remaining onion for another use.
- Position knife blade in food processor bowl; add chicken and next 6 ingredients. Process 30 seconds, stopping once to scrap down sides. Stir sliced onion into chicken mixture.
- Place 1 phyllo sheet on a damp towel (keeping remaining phyllo covered). Lightly coat phyllo with cooking spray.
- Layer 3 phyllo sheets on first sheet, lightly coating each sheet with cooking spray.
- Cut phyllo stack in half lengthwise; cut stack crosswise into thirds to make 6 stacks. Keep phyllo stacks covered.
- Spoon 1 tablespoon chicken mixture into center of 1 phyllo stack to within 1 1/2 inches from each end, parallel with long edge.
- Roll up phyllo, jellyroll fashion, starting with long side; twist 1 1/2 inches from each end.
- Place "firecracker," seam side down, on a baking sheet coated with cooking spray. Repeat procedure with remaining phyllo and chicken mixture.
- Bake at 400 for 15 minutes or until golden. Tie each end of firecrackers with a green onion strip.
- Serve with hot horseradish mustard.

## Nutrition Facts



■ PROTEIN 21.72% ■ FAT 25.18% ■ CARBS 53.1%

## Properties

Glycemic Index:9.13, Glycemic Load:2.62, Inflammation Score:-2, Nutrition Score:3.0978260934353%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 58.81kcal (2.94%), Fat: 1.63g (2.51%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.07g (2.57%), Sugar: 0.5g (0.55%), Cholesterol: 5.47mg (1.82%), Sodium: 178.14mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin K: 12.85µg (12.24%), Selenium: 6.88µg (9.83%), Vitamin B1: 0.09mg (5.89%), Vitamin B3: 1.17mg (5.86%), Manganese: 0.1mg (4.88%), Folate: 15.9µg (3.98%), Iron: 0.7mg (3.91%), Vitamin B2: 0.06mg (3.74%), Phosphorus: 34.2mg (3.42%), Fiber: 0.67g (2.67%), Vitamin B6: 0.04mg (2.16%), Magnesium: 8.4mg (2.1%), Potassium: 55.72mg (1.59%), Zinc: 0.24mg (1.58%), Vitamin C: 1.17mg (1.42%), Copper: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.35%), Vitamin A: 67.16IU (1.34%), Calcium: 10.8mg (1.08%)