



Quick Appetizer Tree

 Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cooking fat
- ☐ 12 spring onion cut into 1/4-inch diagonal slices (1 cup)
- ☐ 1 serving bell pepper red sliced
- ☐ 1 serving round buttery crackers

Equipment

Directions

- ☐ Heat chicken if desired.
- ☐ Spread chicken into 11x8-inch Christmas tree shape on serving platter or tray.
- ☐ Sprinkle with onions. Decorate with bell pepper.
- ☐ Serve with crackers.

Nutrition Facts

PROTEIN

0.47%

FAT

96.9%

CARBS

2.63%

Properties

Glycemic Index:4, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.6104347926119%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 239.64kcal (11.98%), Fat: 25.84g (39.75%), Saturated Fat: 7.7g (48.1%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.49g (0.54%), Cholesterol: 21.78mg (7.26%), Sodium: 10.45mg (0.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.57%), Vitamin K: 19.36µg (18.44%), Vitamin C: 7.65mg (9.28%), Vitamin D: 1.23µg (8.2%), Vitamin E: 0.85mg (5.67%), Vitamin A: 235.52IU (4.71%), Folate: 8.62µg (2.16%), Fiber: 0.35g (1.42%), Manganese: 0.03mg (1.25%), Iron: 0.2mg (1.1%), Potassium: 35.85mg (1.02%)