



Roasted Chicken Salad Bites

 Dairy Free

READY IN



110 min.

SERVINGS



24

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 ounce mandarin orange segments drained canned
- 24 croissants miniature
- 2 tablespoons optional: dill fresh chopped
- 0.5 teaspoon ground pepper black
- 0.8 cup mayonnaise
- 4 tablespoons olive oil
- 1 cup grapes red seedless sliced
- 1 teaspoon salt

- 0.5 cup sunflower seeds
- 2 pound meat from a rotisserie chicken whole

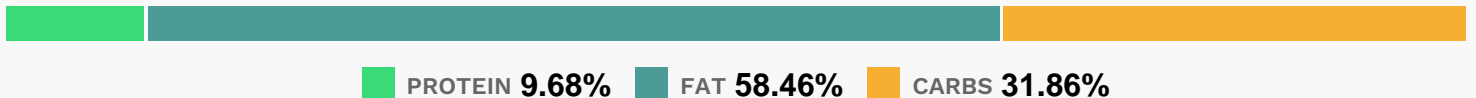
Equipment

- bowl
- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Brush chicken with olive oil, salt and pepper. Wrap in foil and bake in the preheated oven 1 to 1 1/2 hours, until internal temperature has reached 160 degrees F (70 degrees C).
- Remove chicken from heat. Cool, debone and chop.
- In a large bowl, mix chicken, mayonnaise and dill. Gently fold in grapes, mandarin oranges and sunflower seeds.
- Spread the mixture on miniature croissants. Cover and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:17.08, Inflammation Score:-6, Nutrition Score:9.2569564878941%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 364.36kcal (18.22%), Fat: 23.73g (36.5%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 27.15g (9.87%), Sugar: 8.6g (9.56%), Cholesterol: 54.74mg (18.25%), Sodium: 374.03mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.69%), Selenium: 17.25µg (24.65%), Vitamin B1: 0.29mg (19.33%), Folate: 58.77µg (14.69%), Vitamin K: 15.1µg (14.38%), Vitamin E: 2.11mg (14.08%), Vitamin B3: 2.79mg (13.93%), Manganese: 0.26mg (12.85%), Vitamin A: 632.86IU (12.66%), Phosphorus: 109.19mg (10.92%), Vitamin B2: 0.18mg (10.53%), Iron: 1.56mg (8.66%), Fiber: 1.95g (7.78%), Vitamin B6: 0.15mg (7.29%), Vitamin B5:

0.7mg (7.03%), Vitamin C: 5.08mg (6.15%), Copper: 0.12mg (5.99%), Magnesium: 23.85mg (5.96%), Zinc: 0.89mg (5.93%), Potassium: 151.49mg (4.33%), Calcium: 28.35mg (2.83%), Vitamin B12: 0.16µg (2.6%)