



Thai Chicken Salad Appetizers

READY IN



90 min.

SERVINGS



36

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2.5 cups roasted chicken cooked finely chopped
- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup satay sauce (from 11.5-oz bottle)
- ☐ 1 teaspoon hot sauce hot
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 box pie crust dough refrigerated softened pillsbury®

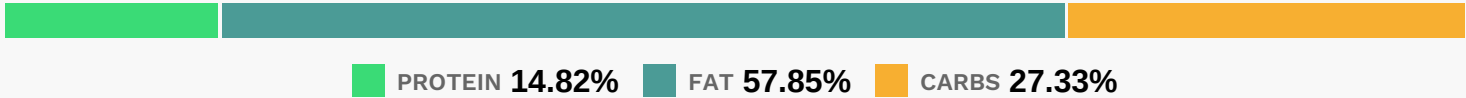
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F. In small bowl, mix butter and hot pepper sauce.
- ☐ Remove crusts from pouches; place on work surface.
- ☐ Cut crusts into 2-inch squares; place on ungreased cookie sheet.
- ☐ Bake 5 to 7 minutes or until golden brown.
- ☐ Brush with butter mixture. Cool completely, about 30 minutes.
- ☐ In large bowl, mix chicken, peanut sauce, mayonnaise, onions and bell pepper. Top each pastry square with about 1 tablespoon chicken mixture; garnish with thyme. Refrigerate 30 minutes or until cold.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.0056521567799%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 90.37kcal (4.52%), Fat: 5.72g (8.81%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.75g (2.09%), Sugar: 0.48g (0.53%), Cholesterol: 9mg (3%), Sodium: 102.47mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 6.21µg (5.91%), Vitamin B3: 1.09mg (5.43%), Selenium: 3.08µg (4.41%), Phosphorus: 27.91mg (2.79%), Manganese: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.54%), Vitamin B6: 0.05mg (2.52%), Vitamin C: 2.02mg (2.45%), Iron: 0.43mg (2.4%), Folate: 9.61µg (2.4%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.21mg (1.39%), Vitamin A: 67.77IU (1.36%), Fiber: 0.33g (1.32%), Potassium: 39.18mg (1.12%), Vitamin E: 0.16mg (1.03%), Magnesium: 4.09mg (1.02%)