

# Mini Mango Chicken Salad Tarts

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## Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

1 cup rotisserie chicken, diced

1/4 cup mango, diced

2 tablespoons mayonnaise

2 tablespoons cilantro, chopped

1 tablespoon mango chutney

chopped almonds (for garnish)

chopped cilantro (for garnish)

Preheat the oven to 375 degrees.

Place the frozen mini-tarts on a parchment-lined baking sheet.

Bake the tarts until browned and crisp (about 5 minutes). Remove to a platter to cool.

In a bowl, combine the chicken, mango, mayonnaise, cilantro and mango chutney.

Divide the mixture among the prebaked shells.

Top with the almonds and more cilantro.

Refrigerate until served.

Start to Finish Time: 20 minutes

*You may buy boxes of 15 frozen mini-tarts in your grocers frozen dessert section.*

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Per Serving (excluding unknown items): 273 Calories; 24g Fat (72.8% calories from fat); 1g Protein; 19g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 169mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 2 Fat.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	273	Vitamin B6 (mg):	.2mg
% Calories from Fat:	72.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	25.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	24g	Folacin (mcg):	9mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	0

Cholesterol (mg):	10mg
Carbohydrate (g):	19g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	169mg
Potassium (mg):	251mg
Calcium (mg):	56mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	33mg
Vitamin A (i.u.):	2520IU
Vitamin A (r.e.):	255 1/2RE

**% Daily Value** 0 0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

**Calories** 273 Calories from Fat: 199

### % Daily Values\*

<b>Total Fat</b> 24g	36%
Saturated Fat 3g	16%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 169mg	7%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber 2g	7%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	50%
<b>Vitamin C</b>	55%
<b>Calcium</b>	6%
<b>Iron</b>	10%

\* Percent Daily Values are based on a 2000 calorie diet.