



Asian Chicken and Water Chestnut Patties

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1.5 pounds ground chicken
- 1 teaspoon jalapeño chile fresh minced
- 1.3 teaspoons salt
- 1 cup scallions chopped
- 2 teaspoons vegetable oil
- 8 ounce water chestnuts whole rinsed drained canned

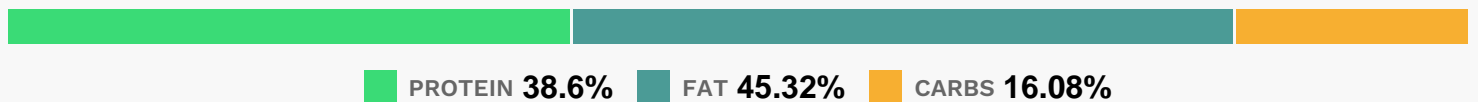
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- aluminum foil
- spatula
- skewers
- wooden skewers

Directions

- Special equipment: 6 (8-inch) wooden skewers
- Add water chestnuts, scallions, and jalapeno to a food processor and pulse until finely chopped.
- Transfer to a bowl with the chicken along with cilantro and salt. Stir together with your hands until just combined. Form mixture into 18 (2-inch diameter) patties on a baking sheet, then thread 3 patties through their sides onto each skewer.
- Heat 1 teaspoon oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then transfer 3 skewers of patties using a large metal spatula to skillet and cook until golden and just cooked through, about 3 minutes on each side.
- Transfer to a platter and keep warm, covered with foil.
- Add remaining teaspoon oil to skillet and cook remaining patties in same manner.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:12.481739002725%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 210.51kcal (10.53%), Fat: 10.75g (16.55%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 6.65g (2.42%), Sugar: 1.88g (2.08%), Cholesterol: 97.52mg (32.51%), Sodium: 559.8mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.23%), Vitamin K: 38.85µg (37%), Vitamin B6: 0.69mg (34.41%), Vitamin B3: 6.63mg (33.17%), Phosphorus: 219.64mg (21.96%), Potassium: 710.35mg (20.3%), Vitamin B2: 0.3mg (17.75%), Selenium: 12.09µg (17.27%), Vitamin B5: 1.34mg (13.38%), Zinc: 1.96mg (13.05%), Vitamin B12: 0.63µg (10.58%), Iron: 1.7mg (9.44%), Vitamin B1: 0.14mg (9.31%), Fiber: 1.93g (7.74%), Magnesium: 30.34mg (7.59%), Copper: 0.15mg (7.38%), Vitamin C: 4.91mg (5.96%), Vitamin E: 0.85mg (5.66%), Manganese: 0.11mg (5.41%), Folate: 15.51µg (3.88%), Vitamin A: 184.15IU (3.68%), Calcium: 21.56mg (2.16%)