



Asian Chicken and Water Chestnut Patties



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon jalapeno fresh minced
- ☐ 1.3 teaspoons salt
- ☐ 1 cup spring onion chopped
- ☐ 1.5 pounds chicken breast boneless skinless cut into 1 1/2-inch pieces
- ☐ 2 teaspoons vegetable oil
- ☐ 8 ounces water chestnuts whole rinsed drained canned

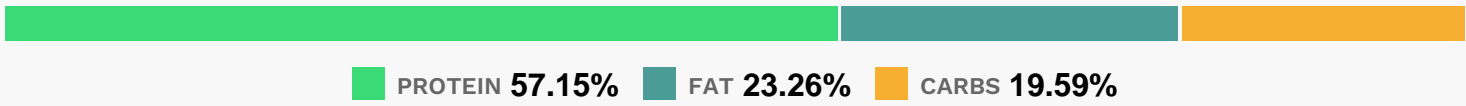
Equipment

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

Directions

- ☐ Pulse chicken in a food processor until coarsely chopped and transfer to a large bowl.
- ☐ Add water chestnuts, scallions, and jalapeño to processor and pulse until finely chopped, then add to 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.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:14.714782590451%

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: 177.62kcal (8.88%), Fat: 4.51g (6.93%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 6.61g (2.4%), Sugar: 1.88g (2.08%), Cholesterol: 72.57mg (24.19%), Sodium: 623.31mg (27.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.82%), Vitamin B3: 12.14mg (60.7%), Selenium: 36.81µg (52.58%), Vitamin B6: 0.96mg (47.85%), Vitamin K: 38.17µg (36.35%), Phosphorus: 255.92mg (25.59%), Vitamin B5: 1.72mg (17.15%), Potassium: 537.99mg (15.37%), Magnesium: 36.01mg (9%), Vitamin B2: 0.14mg (8.35%), Fiber: 1.93g (7.74%), Vitamin C: 6.27mg (7.61%), Iron: 1.19mg (6.61%), Zinc: 0.95mg (6.33%), Vitamin B1: 0.09mg (5.91%), Manganese: 0.11mg (5.36%), Copper: 0.1mg (5.22%), Vitamin E: 0.76mg (5.05%), Folate: 18.91µg (4.73%), Vitamin A: 218.17IU (4.36%), Vitamin B12: 0.23µg (3.78%), Calcium: 20.43mg (2.04%)