



Blue Cheese Chicken Meatballs

READY IN



70 min.

SERVINGS



35

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 pinch celery salt
- ☐ 1 tablespoon celery salt
- ☐ 2 eggs
- ☐ 2 cups flour
- ☐ 0.3 cup grapeseed oil
- ☐ 35 servings grapeseed oil for cooking
- ☐ 2 tablespoons hot sauce (recommended: Tabasco)
- ☐ 1 cup panko breadcrumbs

- ☐ 9 servings grinds pepper white
- ☐ 9 servings grinds pepper white freshly ground
- ☐ 1 tablespoon rice wine vinegar
- ☐ 35 servings salt
- ☐ 35 servings salt and pepper black freshly ground
- ☐ 8 chicken thighs boneless skinless cut into chunks
- ☐ 2 cups sacramento tomato juice

Equipment

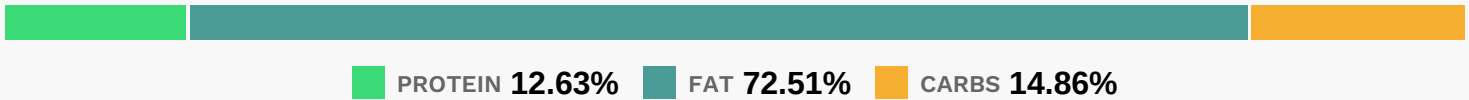
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ toothpicks
- ☐ tongs

Directions

- ☐ Place the chicken thighs, eggs, celery salt, and white pepper in a food processor. Pulse until the meat is ground but still a little bit chunky. Do not make a smooth paste!
- ☐ Transfer the chicken mixture to a bowl. Stir together the breadcrumbs and blue cheese until combined.
- ☐ Fill a small bowl with water. To form the meatballs, wet your hands a little and shape the mixture into 1-inch balls.
- ☐ Lay the meatballs on a sheet tray.
- ☐ Heat a large, deep pan over medium-high heat and add the oil to fill about 1/4-inch up the sides. Do not fill the pan completely with oil.
- ☐ Pour the flour into a shallow dish and season with salt and pepper.
- ☐ Roll each meatball in the flour to give it a light coating.

- ☐ When the oil is hot, add the meatballs and cook until golden brown and cooked through,about 10 minutes. Flip the meatballs halfway through cooking. You may have to cook them inbatches if they don't fit in the pan, adding more oil if needed.
- ☐ Drain the cooked meatballs on a paper towel-lined plate.
- ☐ Combine the tomato juice, rice wine vinegar, hot sauce, celery salt, white pepper, and salt in a large bowl.
- ☐ Whisk in the oil until well blended and slightly thickened.
- ☐ Transfer half the meatballs to a large bowl.
- ☐ Pour some of the sauce over top, just enough to coat the meatballs. Gently toss the meatballs around to coat in the sauce. Using tongs, transfer the meatballs to serving plate and insert a toothpick. Repeat with remaining meatballs.
- ☐ Pour the remaining sauce into a small bowl and serve as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:9.24, Glycemic Load:4.14, Inflammation Score:-2, Nutrition Score:5.8404347183912%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 217.26kcal (10.86%), Fat: 17.61g (27.09%), Saturated Fat: 2.24g (14%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 7.5g (2.73%), Sugar: 0.65g (0.72%), Cholesterol: 35.34mg (11.78%), Sodium: 476.75mg (20.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Vitamin E: 4.61mg (30.73%), Selenium: 9.82µg (14.03%), Vitamin B3: 2.1mg (10.49%), Phosphorus: 75.85mg (7.59%), Vitamin B6: 0.15mg (7.28%), Vitamin B1: 0.1mg (6.97%), Manganese: 0.14mg (6.89%), Vitamin B2: 0.11mg (6.66%), Folate: 20.76µg (5.19%), Iron: 0.89mg (4.97%), Vitamin B5: 0.46mg (4.6%), Vitamin C: 3.31mg (4.02%), Zinc: 0.59mg (3.91%), Vitamin B12: 0.22µg (3.62%), Potassium: 117.73mg (3.36%), Magnesium: 11.67mg (2.92%), Copper: 0.05mg (2.57%), Fiber: 0.62g (2.49%), Calcium: 23.01mg (2.3%), Vitamin A: 98.73IU (1.97%), Vitamin K: 1.44µg (1.37%)