



Buffalo Chicken Quinoa Fritters

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 1 eggs
- ☐ 0.3 cup hot sauce or to taste
- ☐ 4 servings oil for frying
- ☐ 0.3 cup onion diced finely
- ☐ 0.3 cup panko breadcrumbs
- ☐ 0.5 cup quinoa rinsed
- ☐ 4 servings salt and pepper to taste

- ☐ 0.5 cup cheddar shredded
- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 1 cups water

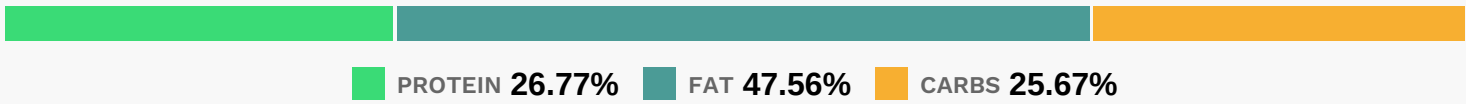
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Simmer the quinoa in the water until the liquid has been absorbed and the quinoa is tender, about 15 minutes and let cool enough to handle.
- ☐ Mix the cooked quinoa with the chicken, hot sauce, onion, cheddar cheese, blue cheese, egg, breadcrumbs, salt and pepper, adding more breadcrumbs if required to allow it to hold its shape.
- ☐ Heat the oil in a pan over medium heat.Spoon the mixture into the pan and form patties of any size that you desire and cook until golden brown on both sides, about 2–4 minutes per side, and set aside on paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:12.773478331773%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 285.01kcal (14.25%), Fat: 14.94g (22.99%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 16.28g (5.92%), Sugar: 0.98g (1.08%), Cholesterol: 87.62mg (29.21%), Sodium: 853.39mg (37.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.85%), Phosphorus: 294.18mg (29.42%), Selenium: 20.01µg (28.59%), Manganese: 0.5mg (24.92%), Calcium: 177.02mg (17.7%), Vitamin B3: 3.48mg (17.41%),

Vitamin B2: 0.29mg (17.29%), Vitamin B6: 0.33mg (16.48%), Magnesium: 60.25mg (15.06%), Folate: 58.84µg (14.71%), Vitamin C: 11.96mg (14.5%), Zinc: 2.17mg (14.47%), Iron: 1.91mg (10.62%), Vitamin B1: 0.16mg (10.36%), Copper: 0.19mg (9.43%), Vitamin B5: 0.93mg (9.27%), Vitamin E: 1.27mg (8.49%), Potassium: 291.03mg (8.32%), Vitamin B12: 0.47µg (7.75%), Fiber: 1.87g (7.48%), Vitamin A: 307.14IU (6.14%), Vitamin K: 3.22µg (3.07%), Vitamin D: 0.35µg (2.31%)