



Chicken and Cilantro Bites



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



30

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup cornstarch
- ☐ 1 large eggs
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1 lb ground chicken (not breast meat)
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 1 teaspoon salt
- ☐ 2 scallions finely chopped
- ☐ 2 teaspoons asian sesame oil

- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup vegetable oil

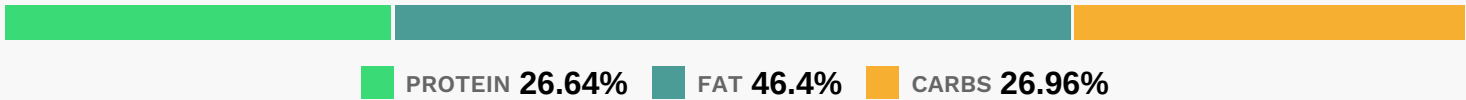
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Stir together soy and vinegar in a bowl for dipping sauce.
- ☐ Stir together chicken, egg, cilantro, scallions, sesame oil, and salt with a fork until just blended.
- ☐ Spread cornstarch in a shallow baking pan. With wet hands form chicken mixture into 1-inch balls, transferring them to baking pan as formed. Wash and dry your hands, then gently roll balls in cornstarch until coated. (Balls will be soft.)
- ☐ Heat 1/4 cup vegetable oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook half of balls, turning over occasionally, until firm and golden (they will flatten slightly), 2 to 3 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Add remaining 1/4 cup oil to skillet and cook remaining balls in same manner.
- ☐ Serve meatballs with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.6739130162674%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 46.84kcal (2.34%), Fat: 2.38g (3.67%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 3.04g (1.11%), Sugar: 0.06g (0.07%), Cholesterol: 19.2mg (6.4%), Sodium: 197.53mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin B3: 0.93mg (4.64%), Vitamin B6: 0.09mg (4.25%), Vitamin K: 3.98µg (3.79%), Phosphorus: 33.65mg (3.37%), Selenium: 2.18µg (3.11%), Vitamin B2: 0.05mg (2.83%), Potassium: 89.08mg (2.55%), Vitamin B5: 0.2mg (2%), Zinc: 0.26mg (1.73%), Vitamin B12: 0.1µg (1.66%), Iron: 0.23mg (1.29%), Vitamin B1: 0.02mg (1.26%), Magnesium: 4.5mg (1.12%)