



Chicken-and-Mashed Potato Fritters With Lime-Cayenne Mayonnaise

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.7 cup breadcrumbs dry fine
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound idaho potatoes peeled cut into 2-inch pieces
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 8 servings lime-cayenne mayonnaise

- ☐ 0.5 cup parmesan cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt divided
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 8 servings vegetable oil

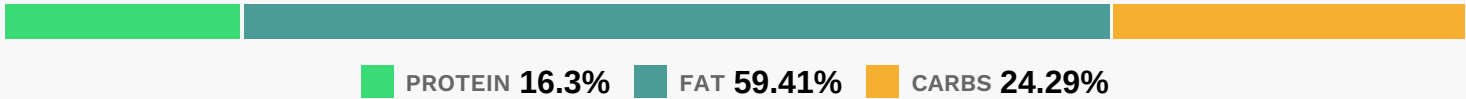
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring potatoes, 1 teaspoon salt, and water to cover to a boil in a small saucepan. Cook 20 minutes or until tender; drain and mash potatoes.
- ☐ Stir together mashed potatoes, remaining 1 teaspoon salt, chicken, and next 7 ingredients. Chill mixture 1 hour. Shape into 1 3/4-inch balls.
- ☐ Place dry breadcrumbs in a shallow dish.
- ☐ Roll balls in breadcrumbs, coating evenly.
- ☐ Pour oil to a depth of 4 inches into a Dutch oven; heat to 37
- ☐ Fry fritters, in batches, 2 minutes or until golden brown.
- ☐ Drain on wire racks over paper towels, and serve immediately.
- ☐ Serve with Lime-Cayenne Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:8.31, Inflammation Score:-3, Nutrition Score:9.388260976128%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 298.84kcal (14.94%), Fat: 19.89g (30.6%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 16.89g (6.14%), Sugar: 1.36g (1.51%), Cholesterol: 51.43mg (17.14%), Sodium: 781.32mg (33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.55%), Vitamin K: 28.91µg (27.54%), Selenium: 12.63µg (18.04%), Vitamin B6: 0.34mg (17.02%), Vitamin B3: 3.3mg (16.51%), Phosphorus: 160.01mg (16%), Calcium: 116.39mg (11.64%), Vitamin B1: 0.16mg (10.64%), Manganese: 0.2mg (10.24%), Potassium: 349.31mg (9.98%), Vitamin B2: 0.16mg (9.24%), Iron: 1.56mg (8.64%), Vitamin E: 1.29mg (8.58%), Magnesium: 27.58mg (6.9%), Vitamin C: 5.45mg (6.6%), Zinc: 0.99mg (6.6%), Vitamin B5: 0.64mg (6.42%), Folate: 23.54µg (5.88%), Fiber: 1.42g (5.67%), Copper: 0.11mg (5.62%), Vitamin B12: 0.25µg (4.22%), Vitamin A: 145.26IU (2.91%), Vitamin D: 0.16µg (1.04%)