



## Chicken-and-Rice Cakes

READY IN



24 min.

SERVINGS



8

CALORIES



287 kcal

### Ingredients

- 2 tablespoons butter melted
- 1 cup rice cooked
- 4 green onions finely chopped
- 6 oz six-cheese blend shredded italian
- 2 cups milk
- 2 cups pancake mix instant
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 cups meat from a rotisserie chicken shredded cooked

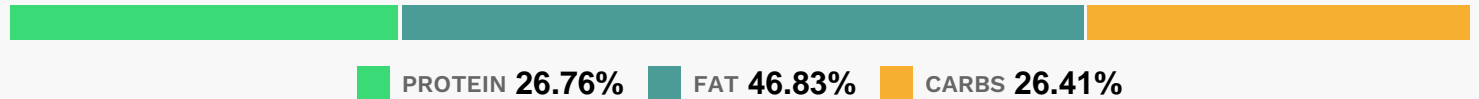
# Equipment

- bowl
- frying pan
- whisk

# Directions

- Whisk together pancake mix and milk in a large bowl, whisking just until dry ingredients are moistened. Stir in chicken and next 6 ingredients, stirring just until blended.
- Pour about 1/4 cup batter for each cake onto a hot (350), lightly greased griddle or large nonstick skillet. Cook pancakes 3 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side 5 to 6 minutes or until done.
- Serve with Quick Cream Gravy, if desired.
- Note: For testing purposes only, we used Aunt Jemima Complete Pancake & Waffle
- Mix.

# Nutrition Facts



# Properties

Glycemic Index:32.63, Glycemic Load:7.16, Inflammation Score:-3, Nutrition Score:8.954347771147%

# Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

# Nutrients (% of daily need)

Calories: 287kcal (14.35%), Fat: 15g (23.07%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.16g (6.6%), Sugar: 3.09g (3.43%), Cholesterol: 68.42mg (22.81%), Sodium: 422.97mg (18.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Phosphorus: 242.19mg (24.22%), Selenium: 14.51µg (20.73%), Calcium: 199.13mg (19.91%), Vitamin B3: 3.34mg (16.68%), Vitamin B2: 0.25mg (14.43%), Vitamin K: 12.95µg (12.33%), Vitamin B6: 0.24mg (11.86%), Vitamin B12: 0.55µg (9.12%), Vitamin B1: 0.13mg (8.58%), Manganese: 0.17mg (8.25%), Vitamin B5: 0.82mg (8.18%), Zinc: 1.15mg (7.67%), Potassium: 261.5mg (7.47%), Vitamin A: 342.05IU (6.84%), Magnesium: 25.57mg (6.39%), Iron: 0.98mg (5.46%), Folate: 18µg (4.5%), Vitamin D: 0.67µg

(4.47%), Fiber: 0.87g (3.47%), Copper: 0.06mg (2.77%), Vitamin C: 1.32mg (1.6%), Vitamin E: 0.15mg (1.02%)