



Chicken Cakes with Creole Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

Ingredients

- ☐ 1 cup breadcrumbs soft
- ☐ 2 tablespoons butter
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons creole seasoning
- ☐ 1 large eggs lightly beaten
- ☐ 1 garlic clove pressed
- ☐ 4 spring onion thinly sliced
- ☐ 4 servings sauce

- ☐ 2 tablespoons mayonnaise
- ☐ 4 servings parsley fresh chopped
- ☐ 0.5 medium size bell pepper diced red
- ☐ 0.3 cup vegetable oil

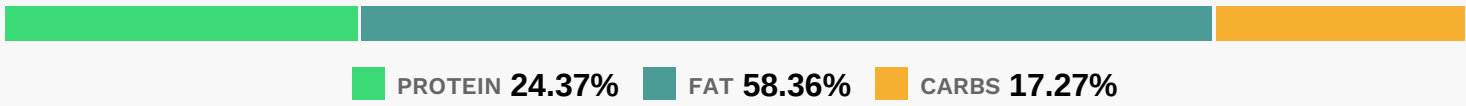
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add bell pepper, onions, and garlic, and saut 3 to 4 minutes or until vegetables are tender.
- ☐ Stir together bell pepper mixture, chicken, and next 5 ingredients in a bowl. Shape chicken mixture into 8 (3 1/2-inch) patties.
- ☐ Fry 4 patties in 2 tablespoons hot oil in a large skillet over medium heat 3 minutes on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Repeat procedure with remaining 2 tablespoons oil and patties.
- ☐ Serve immediately with Creole Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:23.397391350373%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol:

0.23mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 535.2kcal (26.76%), Fat: 34.48g (53.05%), Saturated Fat: 6.74g (42.14%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 20.53g (7.47%), Sugar: 3.09g (3.44%), Cholesterol: 128.19mg (42.73%), Sodium: 463.03mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.78%), Vitamin K: 130.33µg (124.12%), Selenium: 38.19µg (54.56%), Vitamin B3: 10.45mg (52.26%), Vitamin A: 1706.66IU (34.13%), Vitamin C: 27.64mg (33.51%), Phosphorus: 292.73mg (29.27%), Vitamin B6: 0.58mg (28.81%), Vitamin B1: 0.36mg (24.17%), Vitamin B2: 0.36mg (21.34%), Iron: 3.45mg (19.17%), Manganese: 0.36mg (18.02%), Vitamin E: 2.36mg (15.71%), Zinc: 2.34mg (15.62%), Folate: 62.38µg (15.6%), Vitamin B5: 1.47mg (14.67%), Potassium: 430.4mg (12.3%), Magnesium: 45.13mg (11.28%), Fiber: 2.42g (9.68%), Calcium: 92.07mg (9.21%), Vitamin B12: 0.53µg (8.76%), Copper: 0.17mg (8.31%), Vitamin D: 0.26µg (1.76%)