



## Chicken Cakes with Rémoulade Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

### Ingredients

- 1 cup breadcrumbs soft
- 2 tablespoons butter
- 3 cups meat from a rotisserie chicken cooked chopped
- 1 tablespoon dijon mustard
- 2 teaspoons creole seasoning
- 1 large eggs lightly beaten
- 1 garlic clove pressed
- 4 green onions thinly sliced
- 4 servings rémoulade sauce

- 2 tablespoons mayonnaise
- 0.5 medium size bell pepper diced red
- 0.3 cup vegetable oil

## Equipment

- frying pan
- paper towels

## Directions

- Melt butter in a large skillet over medium heat.
- Add bell pepper, green onions, and garlic, and saut 3 to 4 minutes or until vegetables are tender.
- Stir together bell pepper mixture, chicken, and next 5 ingredients. Shape 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 Rmoulade Sauce.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:20.8295653281%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

## Nutrients (% of daily need)

Calories: 533.76kcal (26.69%), Fat: 34.45g (53%), Saturated Fat: 6.74g (42.11%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 20.41g (7.42%), Sugar: 3.06g (3.4%), Cholesterol: 128.19mg (42.73%), Sodium: 460.79mg (20.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.27g (64.55%), Vitamin K: 64.73µg (61.64%), Selenium: 38.19µg (54.56%), Vitamin B3: 10.4mg (52%), Phosphorus: 290.42mg (29.04%), Vitamin B6: 0.57mg (28.63%), Vitamin A: 1369.7IU (27.39%), Vitamin C: 22.32mg (27.06%), Vitamin B1: 0.36mg (23.94%), Vitamin B2: 0.36mg (21.11%), Iron: 3.2mg (17.79%), Manganese: 0.35mg (17.7%), Vitamin E: 2.33mg (15.51%), Zinc: 2.3mg (15.34%), Vitamin B5: 1.45mg (14.51%), Folate: 56.3µg (14.08%), Potassium: 408.24mg (11.66%), Magnesium: 43.13mg (10.78%), Fiber: 2.29g (9.15%), Vitamin B12: 0.53µg (8.76%), Calcium: 86.55mg (8.66%), Copper: 0.16mg (8.01%), Vitamin D: 0.26µg (1.76%)