



Chicken Quenelles

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 chicken breasts whole boneless
- ☐ 1 eggs
- ☐ 1 cup heavy cream
- ☐ 10 servings nutmeg grated to taste
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 teaspoon salt and pepper freshly ground

Equipment

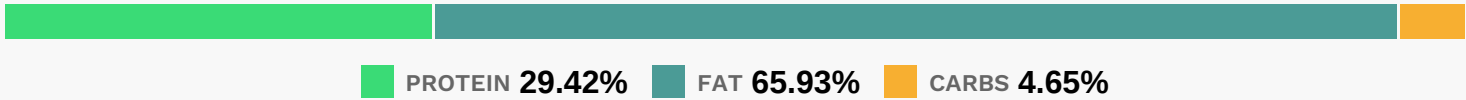
- ☐ food processor

- ☐ pot
- ☐ pastry bag
- ☐ funnel

Directions

- ☐ Cut the chicken meat into one-inch cubes and chill for about 30 minutes in the fridge.
- ☐ Put the chicken, salt and pepper, Parmesan cheese, nutmeg and egg into a food processor. Blend thoroughly.
- ☐ Add the cream in small intervals through the funnel until well incorporated.
- ☐ Bring a pot of water to the boil.
- ☐ Fill pastry bag with chicken mixture. Pipe chicken mixture into simmering water at 1 inch intervals and cook for 4 to 6 minutes.
- ☐ These dumplings can be served with your favorite pasta dish.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:6.0921738069999

Nutrients (% of daily need)

Calories: 151.35kcal (7.57%), Fat: 11.05g (17%), Saturated Fat: 6.46g (40.4%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.34g (0.49%), Sugar: 1.28g (1.42%), Cholesterol: 72.63mg (24.21%), Sodium: 306.72mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.18%), Selenium: 16.74µg (23.91%), Vitamin B3: 4.76mg (23.8%), Vitamin B6: 0.36mg (17.9%), Phosphorus: 124.87mg (12.49%), Vitamin A: 393.55IU (7.87%), Vitamin B5: 0.77mg (7.74%), Vitamin B2: 0.11mg (6.64%), Potassium: 203.89mg (5.83%), Magnesium: 17.79mg (4.45%), Vitamin D: 0.52µg (3.44%), Manganese: 0.07mg (3.36%), Zinc: 0.44mg (2.94%), Vitamin B12: 0.17µg (2.91%), Calcium: 28.68mg (2.87%), Vitamin B1: 0.04mg (2.83%), Vitamin E: 0.35mg (2.36%), Copper: 0.04mg (1.95%), Iron: 0.33mg (1.85%), Fiber: 0.42g (1.66%), Folate: 6.38µg (1.59%)