



Chicken & sweetcorn rissoles

READY IN



45 min.

SERVINGS



18

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 garlic clove chopped
- ☐ 1.5 slices bread white
- ☐ 3 tbsp milk
- ☐ 400 g chicken breast fillet boneless skinless
- ☐ 1 small eggs lightly beaten
- ☐ 4 tbsp tomato ketchup
- ☐ 1 tsp worcestershire sauce

- ☐ 2 tbsp parsley fresh chopped
- ☐ 198 g sweetcorn drained canned
- ☐ 125 g pack cheese with chives low-fat soft
- ☐ 18 servings little milk
- ☐ 18 servings cucumber sticks
- ☐ 18 servings pepper strips red
- ☐ 18 servings baby cherry tomatoes

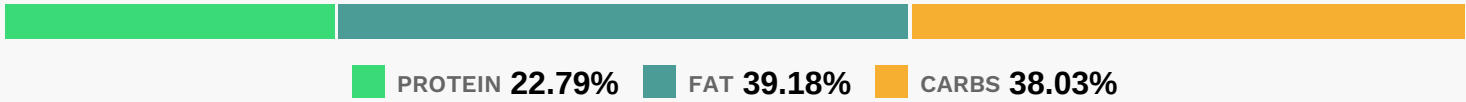
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a pan and saut the onion with the garlic. Soak the bread in the milk.
- ☐ If using the chicken breasts, chop in a food processor. Tear the bread and add to the chicken with the onion, egg, ketchup, Worcestershire sauce, herbs and seasoning. Blitz for a few seconds.
- ☐ Tip the mixture into a bowl and stir in the sweetcorn. Form into 18 round rissoles.
- ☐ For two children, saut six rissoles in hot oil for 2-3 minutes each side. Beat cheese and milk in a bowl to make a dip for the veg.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:7.38, Inflammation Score:-10, Nutrition Score:25.113043494847%

Flavonoids

Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg,

Isorhamnetin: 0.19mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.03mg, Quercetin:
2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 275.78kcal (13.79%), Fat: 12.47g (19.19%), Saturated Fat: 6.39g (39.97%), Carbohydrates: 27.24g (9.08%),
Net Carbohydrates: 24.22g (8.81%), Sugar: 20.57g (22.86%), Cholesterol: 58.67mg (19.56%), Sodium: 212.61mg
(9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin C: 131.11mg (158.92%), Vitamin
A: 3651.95IU (73.04%), Phosphorus: 381.9mg (38.19%), Vitamin B6: 0.69mg (34.44%), Calcium: 341.3mg (34.13%),
Vitamin B2: 0.5mg (29.63%), Potassium: 993.64mg (28.39%), Vitamin B12: 1.41µg (23.49%), Vitamin B3: 4.45mg
(22.27%), Selenium: 14.43µg (20.62%), Vitamin D: 2.78µg (18.51%), Vitamin B5: 1.85mg (18.45%), Vitamin B1: 0.27mg
(18.16%), Vitamin E: 2.44mg (16.26%), Magnesium: 63.21mg (15.8%), Folate: 62.75µg (15.69%), Vitamin K: 16.38µg
(15.6%), Manganese: 0.3mg (14.85%), Fiber: 3.01g (12.06%), Zinc: 1.7mg (11.36%), Iron: 1.65mg (9.15%), Copper:
0.15mg (7.51%)