

Crabless Chicken Cakes

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



301 kcal

Ingredients

- 0.3 teaspoon pepper black
- 2.5 cups chicken shredded cooked
- 0.5 cup cracker crumbs
- 1 teaspoon parsley dried
- 2 dashes hot sauce
- 0.3 cup mayonnaise
- 0.3 cup olive oil for frying
- 0.3 cup onion minced
- 0.3 teaspoon salt

- 1 cup seasoned bread crumbs
- 0.3 cup tartar sauce

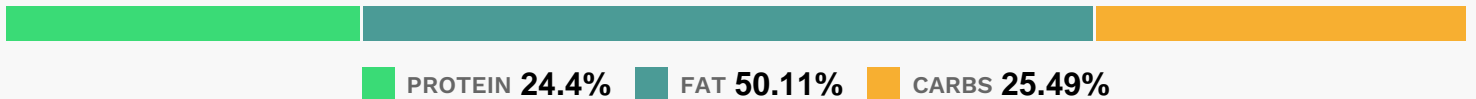
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a bowl, mix the chicken, cracker crumbs, onion, mayonnaise, tartar sauce, parsley, salt, pepper, and hot sauce. Form the mixture into 6 cakes.
- Place the bread crumbs in a bowl. Dip the cakes into the bread crumbs to evenly coat.
- Heat the olive oil in a skillet over medium heat, and cook the cakes until evenly browned, about 5 minutes on each side.
- Drain on paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:10.400869524673%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 300.62kcal (15.03%), Fat: 16.47g (25.35%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.57g (6.39%), Sugar: 2.29g (2.54%), Cholesterol: 48.52mg (16.17%), Sodium: 574.74mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.09%), Vitamin K: 33.09µg (31.52%), Vitamin B3: 6.09mg (30.46%), Selenium: 19.86µg (28.37%), Vitamin B1: 0.26mg (17.07%), Phosphorus: 166.74mg (16.67%), Vitamin B6: 0.29mg (14.48%), Manganese: 0.27mg (13.27%), Vitamin B2: 0.19mg (11.11%), Iron: 1.99mg

(11.07%), Zinc: 1.24mg (8.28%), Folate: 32.56µg (8.14%), Vitamin B5: 0.74mg (7.43%), Vitamin E: 0.95mg (6.35%), Magnesium: 23.93mg (5.98%), Potassium: 205.32mg (5.87%), Calcium: 56.45mg (5.64%), Fiber: 1.28g (5.12%), Copper: 0.1mg (4.8%), Vitamin B12: 0.25µg (4.2%), Vitamin A: 84.95IU (1.7%), Vitamin C: 1.29mg (1.57%)