



Easy Chicken Balls

READY IN



30 min.

SERVINGS



30

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 cup cracker crumbs crushed
- 2 teaspoons parsley dried
- 2 eggs beaten
- 1 tablespoon basil fresh
- 1.5 pounds ground chicken
- 3 tablespoons catsup
- 2 tablespoons onion minced
- 0.5 cup parmesan cheese freshly grated
- 0.3 cup ricotta cheese

- 0.3 cup mozzarella cheese shredded
- 2 teaspoons ground cloves whole

Equipment

- bowl
- frying pan

Directions

- In a large bowl combine the chicken, onion, cloves, ricotta cheese, mozzarella cheese, Parmesan cheese, ketchup, basil, parsley and eggs.
- Mix well and form about 30 balls out of the mixture, using hands.
- Roll balls in extra Parmesan cheese and cracker crumbs.
- Heat oil in a large skillet over medium high heat and fry chicken balls until golden brown, 15 to 20 minutes.

Nutrition Facts

PROTEIN 39.59% **FAT 52.63%** **CARBS 7.78%**

Properties

Glycemic Index:5.03, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.7204347745232%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 53.45kcal (2.67%), Fat: 3.14g (4.83%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.98g (0.35%), Sugar: 0.4g (0.44%), Cholesterol: 33.66mg (11.22%), Sodium: 70.77mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin B3: 1.31mg (6.54%), Phosphorus: 64.78mg (6.48%), Vitamin B6: 0.13mg (6.38%), Selenium: 4.29µg (6.13%), Vitamin B2: 0.08mg (4.96%), Manganese: 0.09mg (4.58%), Potassium: 135.6mg (3.87%), Vitamin B12: 0.2µg (3.4%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.31mg (3.07%), Calcium: 28.53mg (2.85%), Vitamin B1: 0.03mg (1.91%), Magnesium: 6.84mg (1.71%), Iron: 0.29mg (1.63%), Vitamin A: 57.33IU (1.15%), Copper: 0.02mg (1.04%)