

Fillet Pancakes

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound rotisserie chicken breast meat boneless skinless finely chopped
- 1 eggs lightly beaten
- 0.3 cup flour all-purpose
- 3 tablespoons mayonnaise
- 0.5 medium onion finely chopped
- 0.5 teaspoon salt and pepper to taste
- 2 tablespoons vegetable oil

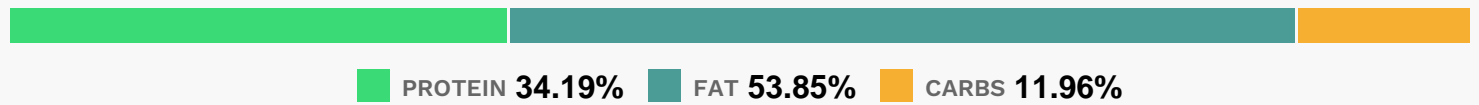
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine chicken, onion, mayonnaise, egg, flour, salt, and pepper.
- Mix well.
- Heat oil in a skillet over medium heat. Scoop chicken mixture onto the griddle, using approximately 1/4 cup for each cake. Brown on both sides, and serve hot.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:6.06, Inflammation Score:-3, Nutrition Score:14.956087081329%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 319.93kcal (16%), Fat: 18.75g (28.85%), Saturated Fat: 3.27g (20.47%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 8.86g (3.22%), Sugar: 0.71g (0.79%), Cholesterol: 117.9mg (39.3%), Sodium: 505.28mg (21.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.58%), Vitamin B3: 12.47mg (62.33%), Selenium: 43.51µg (62.15%), Vitamin B6: 0.89mg (44.5%), Vitamin K: 29.97µg (28.54%), Phosphorus: 277.36mg (27.74%), Vitamin B5: 1.87mg (18.65%), Potassium: 468.13mg (13.38%), Vitamin B2: 0.22mg (12.99%), Vitamin B1: 0.17mg (11.07%), Magnesium: 34.58mg (8.65%), Vitamin E: 1.24mg (8.27%), Folate: 31.91µg (7.98%), Iron: 1.15mg (6.39%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.34µg (5.62%), Manganese: 0.11mg (5.52%), Copper: 0.06mg (3.06%), Vitamin C: 2.38mg (2.88%), Vitamin D: 0.35µg (2.36%), Fiber: 0.51g (2.06%), Vitamin A: 100.52IU (2.01%), Calcium: 17.57mg (1.76%)