



Fried Chicken Kebabs (Ganderi Kebab)

READY IN



45 min.

SERVINGS



45

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves coarsely chopped
- ☐ 1 teaspoon cumin seeds black
- ☐ 1.5 cups bread crumbs dry fine
- ☐ 2 large eggs beaten
- ☐ 1 teaspoon ginger fresh finely grated
- ☐ 1 teaspoon garam masala
- ☐ 2 cloves garlic finely grated
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1.5 pounds ground chicken

- ☐ 1 small jalapeño minced seeded
- ☐ 45 servings mango chutney for serving
- ☐ 4 ounces mild cheddar shredded
- ☐ 1 tablespoon mint leaves coarsely chopped
- ☐ 2 tablespoons onion coarsely chopped
- ☐ 1 teaspoon paprika
- ☐ 1.5 teaspoons salt
- ☐ 45 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ skewers

Directions

- ☐ In a large bowl, knead the chicken with the cheddar, onion, cilantro, mint, ginger, garlic, jalapeo, cumin seeds, paprika, garam masala, salt and cardamom. Using lightly moistened hands, roll the mixture into 1 1/2-inch balls.
- ☐ Put the beaten eggs and bread crumbs in 2 separate pie plates.
- ☐ Roll the balls in the egg and then dredge in the bread crumbs, pressing to adhere.
- ☐ In a large, deep skillet, heat 1/2 inch of vegetable oil to 35
- ☐ Working in batches, fry the chicken balls over moderately high heat, turning once, until golden and cooked through, about 5 minutes.
- ☐ Drain on a paper towellined baking sheet. Pierce each kebab with a short skewer and transfer to a platter.
- ☐ Serve with mango chutney.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:7.5, Inflammation Score:-1, Nutrition Score:3.0634782638239%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 130.77kcal (6.54%), Fat: 5.32g (8.19%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 16.22g (5.9%), Sugar: 9.98g (11.09%), Cholesterol: 23.79mg (7.93%), Sodium: 139.21mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Selenium: 4.27µg (6.1%), Vitamin B3: 1.11mg (5.53%), Vitamin K: 5.7µg (5.43%), Phosphorus: 53.51mg (5.35%), Vitamin B2: 0.09mg (5.23%), Vitamin B6: 0.1mg (4.81%), Vitamin B1: 0.06mg (3.82%), Calcium: 31.87mg (3.19%), Potassium: 111.28mg (3.18%), Manganese: 0.06mg (2.88%), Zinc: 0.42mg (2.78%), Vitamin C: 2.25mg (2.73%), Iron: 0.49mg (2.73%), Vitamin E: 0.37mg (2.43%), Vitamin B12: 0.14µg (2.4%), Vitamin B5: 0.24mg (2.37%), Copper: 0.04mg (2.17%), Folate: 8.11µg (2.03%), Fiber: 0.45g (1.78%), Magnesium: 7mg (1.75%), Vitamin A: 68.4IU (1.37%)