



Green Curry Fritters

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 large eggs
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1.5 tablespoons curry paste green
- ☐ 0.3 cup green onions diagonally sliced
- ☐ 1 pound ground chicken breast
- ☐ 0.4 teaspoon kosher salt

- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 2 tablespoons canola mayonnaise
- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 teaspoons sambal oelek fresh (ground chile paste)

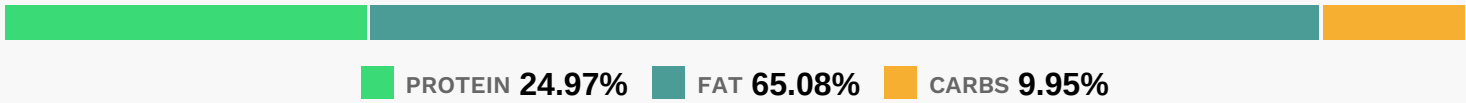
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place first 3 ingredients in a large bowl.
- ☐ Combine mayonnaise and the next 7 ingredients (through egg).
- ☐ Add mayonnaise mixture to chicken mixture; mix lightly until combined. Divide into 12 equal portions; gently shape each portion into a small patty (do not pack).
- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 tablespoon canola oil to pan; swirl to coat.
- ☐ Add 6 patties to pan; cook 3 1/2 minutes on each side or until done.
- ☐ Remove from pan. Repeat procedure with remaining oil and patties.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:9.6482607592707%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 249kcal (12.45%), Fat: 18.06g (27.78%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.64g (2.05%), Sugar: 1g (1.11%), Cholesterol: 97.97mg (32.66%), Sodium: 378.06mg (16.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Vitamin B3: 4.74mg (23.72%), Vitamin B6: 0.42mg (20.97%), Vitamin K: 20.97µg (19.97%), Selenium: 12.11µg (17.31%), Phosphorus: 169.94mg (16.99%), Vitamin B2: 0.26mg (15.23%), Vitamin A: 683.52IU (13.67%), Potassium: 447.9mg (12.8%), Vitamin B1: 0.16mg (10.37%), Vitamin B5: 1.01mg (10.1%), Zinc: 1.36mg (9.09%), Vitamin E: 1.34mg (8.92%), Vitamin B12: 0.53µg (8.77%), Iron: 1.31mg (7.27%), Magnesium: 22.74mg (5.68%), Manganese: 0.09mg (4.74%), Copper: 0.08mg (4.02%), Folate: 16.06µg (4.02%), Calcium: 31.28mg (3.13%), Fiber: 0.58g (2.31%), Vitamin C: 1.37mg (1.66%), Vitamin D: 0.18µg (1.17%)