

# Leftover Chicken Croquettes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups roasted chicken cooked finely chopped
- 2 eggs lightly beaten
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon pepper black
- 2 cups onion chopped
- 1 teaspoon salt
- 1.5 cups seasoned bread crumbs dry

## Equipment

- bowl
- frying pan

## Directions

- In a large bowl combine the chicken, bread crumbs, 2 eggs and onion and mix well; if mixture is too dry to form patties, mix in another lightly beaten egg. Then add parsley, salt and pepper to taste, mix well and form into small patties.
- Heat oil in a large skillet over medium heat and fry patties in oil until golden brown.

## Nutrition Facts

**PROTEIN 35.92%** **FAT 25.84%** **CARBS 38.24%**

## Properties

Glycemic Index:15.17, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:14.358695678089%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

## Nutrients (% of daily need)

Calories: 274.77kcal (13.74%), Fat: 7.74g (11.91%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 23.34g (8.49%), Sugar: 4.04g (4.49%), Cholesterol: 107.36mg (35.79%), Sodium: 864.25mg (37.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Selenium: 29.41µg (42.01%), Vitamin B3: 7.45mg (37.24%), Vitamin B1: 0.36mg (24.19%), Vitamin K: 25.26µg (24.06%), Phosphorus: 232.66mg (23.27%), Vitamin B6: 0.43mg (21.42%), Manganese: 0.4mg (20.17%), Vitamin B2: 0.31mg (18.22%), Iron: 2.75mg (15.29%), Folate: 57.27µg (14.32%), Zinc: 1.78mg (11.89%), Vitamin B5: 1.16mg (11.63%), Fiber: 2.44g (9.76%), Potassium: 333.7mg (9.53%), Magnesium: 36.22mg (9.06%), Calcium: 85.38mg (8.54%), Copper: 0.15mg (7.4%), Vitamin B12: 0.44µg (7.31%), Vitamin C: 5.64mg (6.84%), Vitamin A: 223.94IU (4.48%), Vitamin D: 0.29µg (1.96%), Vitamin E: 0.25mg (1.66%)