



Muslitos (Chicken and Pork Croquettes)

READY IN



45 min.

SERVINGS



30

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 0.3 chicken stock see
- ☐ 2 large chicken breast cooked cut into pieces
- ☐ 2 eggs
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 30 servings salt and ground pepper to taste
- ☐ 0.5 teaspoon ground thyme

- ☐ 0.3 cup aliños sauce
- ☐ 1 cup onion finely chopped
- ☐ 1 pond of pork loin cooked cut into pieces
- ☐ 1 cup bell pepper red chopped
- ☐ 2 scallions finely chopped
- ☐ 30 servings vegetable oil for frying
- ☐ 30 servings ziti pasta to from the muslitos

Equipment

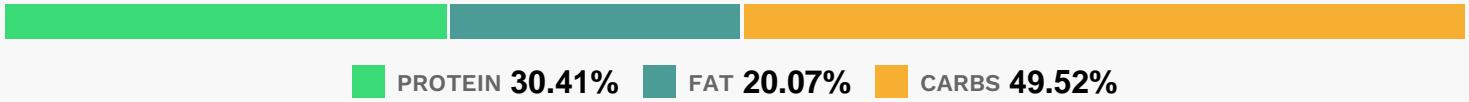
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ meat grinder

Directions

- ☐ In a pan over medium heat, melt the butter.
- ☐ Add the onion,scallions, garlic and bell pepper. Cook, stirring occasionally, until the vegetables are soft and translucent, 3 to 4 minutes. Season with salt and pepper.Meanwhile place the pork and chicken in the food processor or a meat grinder. Process for a couple minutes or until ground and set aside.
- ☐ Remove the vegetables from the heat and stir in the cumin, thyme, ground pork and chicken.In a large bowl, combine the eggs, aliños sauce, 1/4 cup of the bread crumbs and the chicken broth and whisk to blend.
- ☐ Add the meat mixture to the eggs mixture and mix well.
- ☐ Place the rest of the bread crumbs in separate bowl.Form small balls with the mixture and place a ziti past in the middle of the ball.
- ☐ Roll the ball in the bread crumbs. Set the croquette on a plate. Repeat with the remaining mixture.

- ☐
- Place in the fridge to rest for at least one hour.In a large pot heat enough oil to cover the croquettes, over medium-high to 365°F. Carefully place 3 or 4 croquettes in the hot oil (do not crowd the pan) and cook, turning as needed, until golden brown, 3 to 4 minutes. Repeat with the remaining croquettes.
- ☐
- Serve hot with salsa rosada on the side.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:17.04, Inflammation Score:-5, Nutrition Score:16.708695847055%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 380.2kcal (19.01%), Fat: 8.3g (12.76%), Saturated Fat: 2.23g (13.97%), Carbohydrates: 46.05g (15.35%), Net Carbohydrates: 43.83g (15.94%), Sugar: 2.64g (2.94%), Cholesterol: 68.76mg (22.92%), Sodium: 108.62mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.57%), Selenium: 60.73µg (86.76%), Vitamin B6: 0.74mg (36.79%), Vitamin B3: 7.04mg (35.18%), Phosphorus: 312.7mg (31.27%), Manganese: 0.59mg (29.48%), Vitamin B1: 0.43mg (28.36%), Zinc: 2.35mg (15.64%), Magnesium: 55.76mg (13.94%), Potassium: 463.55mg (13.24%), Vitamin B2: 0.22mg (12.87%), Copper: 0.23mg (11.39%), Vitamin B5: 0.99mg (9.89%), Fiber: 2.21g (8.86%), Iron: 1.59mg (8.85%), Vitamin C: 7.01mg (8.5%), Vitamin K: 7.93µg (7.55%), Vitamin B12: 0.45µg (7.54%), Folate: 19.69µg (4.92%), Vitamin A: 207.22IU (4.14%), Vitamin E: 0.56mg (3.74%), Calcium: 29.67mg (2.97%), Vitamin D: 0.36µg (2.42%)