



Polish Chicken Patties



Dairy Free



Popular

READY IN



90 min.

SERVINGS



25

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tsp allspice
- ☐ 0.3 tsp pepper black
- ☐ 0.8 cup breadcrumbs plain for passover use matzo meal (if needed)
- ☐ 1 small carrots grated fine
- ☐ 2 medium carrots shredded fine
- ☐ 0.3 tsp cinnamon
- ☐ 1 eggs beaten
- ☐ 0.3 cup olive oil extra virgin (if needed)

- ☐ 25 servings purple gel food coloring with shredding disc attachment with fine holes, mixing bowls, large sauté pan with high sides and a lid
- ☐ 1 tbsp parsley fresh chopped for garnish
- ☐ 4 tsp garlic crushed
- ☐ 0.5 tsp ginger
- ☐ 1 lb ground chicken dark (I prefer meat)
- ☐ 1 lb pd of ground turkey 85% lean
- ☐ 0.5 tsp nutmeg
- ☐ 1 tbsp olive oil
- ☐ 1 small onion minced grated fine
- ☐ 1 small onion minced
- ☐ 1 tsp paprika
- ☐ 1.5 tsp paprika
- ☐ 0.8 cup peas frozen
- ☐ 0.3 tsp pepper to taste ()
- ☐ 0.5 tsp salt to taste ()
- ☐ 1.3 tsp salt
- ☐ 1 qt vegetable stock
- ☐ 1 small zucchini grated fine

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ mixing bowl
- ☐ grater

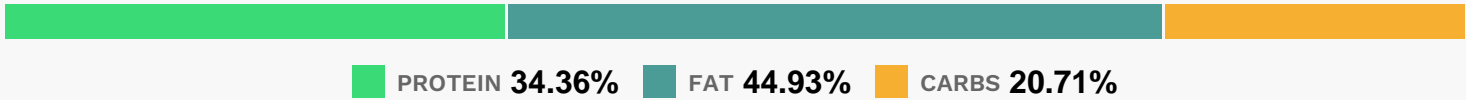
Directions

- ☐ Trim zucchini, peel carrots and onion. Grate the vegetables with a hand grater or food processor with shredding disc attachment with fine holes. I suggest using a food processor,

you can hand grate if you prefer. You can mince the onion rather than grate if you prefer, as long as you mince it very fine. In a mixing bowl, combine grated zucchini, carrots and onion.

- ☐ Add breadcrumbs, beaten egg and spices. Stir until combined.
- ☐ Add ground chicken and turkey.
- ☐ Mix well until thoroughly combined. Form the mixture into patties with 1/4 cup of meat mixture each. The mixture is slightly sticky; I like to spray my hands with a little cooking oil spray or water before forming the patties. If the mixture is extremely soft or sticky and you're having trouble forming the patties, add more breadcrumbs till the patties are moldable (they should be soft and tacky but still moldable).
- ☐ Heat 1/4 cup olive oil in a saut pan with high sides and a lid over medium heat. Fry patties in the oil, 6 – 7 at a time to avoid overcrowding the pan. Cover the pan with a lid and cook the patties for 4 minutes on each side (8 minutes total). When finished cooking, remove and set aside. Continue till all the patties are cooked and browned, adding more olive oil to the pan if needed to prevent sticking. To make sauce, add shredded carrot, minced onion, salt, pepper and paprika to the same pan you used to fry the patties.
- ☐ Add more oil if needed. Scrape any brown bits up from the bottom of the pan as you cook. Cook until onions are soft and translucent, then add stock. Simmer for 15–20 minutes, or until the carrot shreds are very tender and the sauce is orange. Adjust seasoning to taste.
- ☐ Add the fried patties to the sauce, cover and cook for 20 additional minutes. If adding peas, throw them into the sauce 5 minutes before the end of cooking till heated through.
- ☐ Serve patties warm in carrot sauce.
- ☐ Garnish with fresh parsley if desired.

Nutrition Facts



Properties

Glycemic Index:20.52, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:6.5273913974347%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg,

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Nutrients (% of daily need)

Calories: 98.8kcal (4.94%), Fat: 4.99g (7.68%), Saturated Fat: 1.01g (6.28%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.31g (1.57%), Sugar: 1.5g (1.67%), Cholesterol: 32.13mg (10.71%), Sodium: 366.55mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Vitamin A: 1413.55IU (28.27%), Vitamin B3: 3.21mg (16.03%), Vitamin B6: 0.3mg (14.88%), Selenium: 7.42µg (10.6%), Phosphorus: 94.56mg (9.46%), Vitamin K: 6.97µg (6.64%), Potassium: 219.44mg (6.27%), Vitamin B2: 0.1mg (6.07%), Vitamin B1: 0.09mg (5.73%), Zinc: 0.77mg (5.14%), Manganese: 0.1mg (5.07%), Vitamin C: 3.77mg (4.57%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.6mg (4.01%), Magnesium: 15.18mg (3.8%), Iron: 0.68mg (3.79%), Vitamin B12: 0.22µg (3.69%), Fiber: 0.87g (3.46%), Folate: 12.68µg (3.17%), Copper: 0.05mg (2.6%), Calcium: 16.4mg (1.64%)