



RITZ Spicy Chicken Meatballs

READY IN



55 min.

SERVINGS



55

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup roka cheese dressing blue kraft
- 2 Tbsp butter melted
- 5 stalks celery divided
- 1 lb ground chicken
- 0.3 cup oil
- 0.5 cup pepper sauce hot divided
- 2.5 cups ritz crackers divided crushed

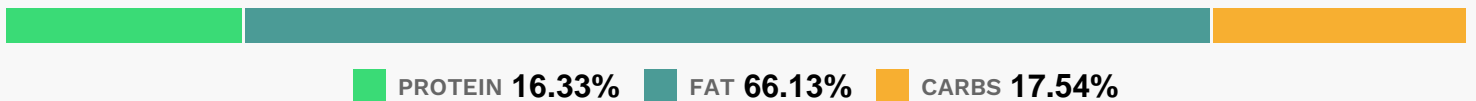
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Heat oven to 375F.
- Chop 1 celery stalk finely; mix with chicken, 1 cup cracker crumbs and 3 Tbsp. hot sauce just until blended. Shape into 24 balls.
- Mix remaining hot sauce and butter in shallow bowl.
- Place remaining cracker crumbs in separate shallow bowl.
- Roll chicken balls, 1 at a time, in hot sauce mixture, then in crumbs until evenly coated.
- Heat oil in large nonstick skillet.
- Add chicken balls, in batches; cook 3 to 4 min. or until lightly browned, turning after 2 min.
- Drain on paper towels. (Note: Meatballs will not be done but will finish cooking in the oven.)
- Place on rimmed baking sheet sprayed with cooking spray.
- Bake 20 to 25 min. or until done (165F). Meanwhile, cut remaining celery into thin sticks.
- Serve meatballs with dressing and celery sticks.

Nutrition Facts



Properties

Glycemic Index:0.58, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.4330434669619%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.93kcal (2.25%), Fat: 3.32g (5.11%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.86g (0.67%), Sugar: 0.39g (0.44%), Cholesterol: 7.13mg (2.38%), Sodium: 125.75mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin K: 3.7µg (3.52%), Vitamin B3: 0.61mg (3.06%), Vitamin E: 0.39mg (2.61%), Phosphorus: 26.13mg (2.61%), Vitamin B6: 0.05mg (2.53%), Vitamin C: 1.76mg (2.13%), Vitamin B2: 0.03mg (2.03%), Potassium: 59.27mg (1.69%), Vitamin B1: 0.02mg (1.55%), Selenium: 1.03µg (1.48%), Iron: 0.22mg (1.24%), Vitamin B5: 0.11mg (1.12%), Manganese: 0.02mg (1.04%), Zinc: 0.15mg (1.02%)