



## Southwestern Chicken-And-Corn Cakes With Avocado Cream

READY IN



45 min.

SERVINGS



5

CALORIES



619 kcal

SIDE DISH

### Ingredients

- ☐ 6 ounce avocado dip frozen thawed
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 5 servings garnishes: chile peppers fresh
- ☐ 1.5 teaspoons chili powder
- ☐ 3 cups meat from a rotisserie chicken cooked finely chopped
- ☐ 12 ounce stouffer's corn soufflé
- ☐ 2 cups breadcrumbs dry divided fine
- ☐ 7 green onions chopped

- ☐ 0.1 teaspoon pepper
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.3 cup vegetable oil

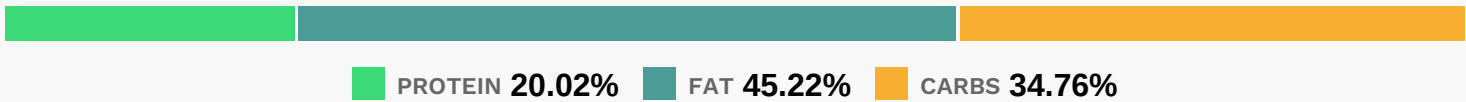
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave

## Directions

- ☐ Thaw corn souffl in microwave at MEDIUM (50% power) 6 to 7 minutes.
- ☐ Combine corn souffl and next 7 ingredients in a large bowl; stir in 1/2 cup breadcrumbs. Cover and chill 1 hour or overnight.
- ☐ Combine sour cream and avocado dip; set mixture aside.
- ☐ Shape corn mixture into 10 patties, and coat with remaining 1 1/2 cups breadcrumbs.
- ☐ Cook half of corn cakes in 2 tablespoons hot oil in a large skillet over medium-high heat 3 to 4 minutes on each side or until cakes are golden brown.
- ☐ Drain on paper towels. Repeat procedure with remaining oil and cakes.
- ☐ Serve with avocado cream.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:40.9, Glycemic Load:7.86, Inflammation Score:-8, Nutrition Score:28.952608564626%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 619.03kcal (30.95%), Fat: 31.82g (48.96%), Saturated Fat: 8.1g (50.6%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 47.46g (17.26%), Sugar: 8.13g (9.04%), Cholesterol: 83.36mg (27.78%), Sodium: 1109.2mg (48.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.4%), Vitamin K: 67.72µg (64.5%), Vitamin C: 52.17mg (63.23%), Vitamin B3: 11.92mg (59.58%), Selenium: 33.57µg (47.96%), Vitamin B1: 0.59mg (39.55%), Vitamin B6: 0.77mg (38.38%), Phosphorus: 352mg (35.2%), Manganese: 0.7mg (35.14%), Folate: 129.06µg (32.26%), Fiber: 7.57g (30.3%), Vitamin B2: 0.49mg (28.58%), Iron: 4.74mg (26.33%), Potassium: 811.2mg (23.18%), Vitamin A: 1157.39IU (23.15%), Vitamin B5: 2.26mg (22.58%), Magnesium: 79.25mg (19.81%), Zinc: 2.87mg (19.13%), Copper: 0.35mg (17.37%), Calcium: 171.3mg (17.13%), Vitamin E: 2.21mg (14.76%), Vitamin B12: 0.47µg (7.79%)