



Southwestern Chicken-Corn Cakes

READY IN



20 min.

SERVINGS



8

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons herb-and-spice seasoning salt-free
- ☐ 11 ounce regular corn mexican-style drained canned
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 2.5 teaspoons dijon mustard
- ☐ 1 cup breadcrumbs dry divided fine
- ☐ 2 large eggs divided
- ☐ 2 teaspoons basil fresh chopped
- ☐ 2 teaspoons cilantro leaves fresh chopped

- ☐ 0.3 cup best foods real mayonnaise
- ☐ 2.5 tablespoons olive oil
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup roasted bell peppers red jarred drained chopped
- ☐ 8 servings romaine lettuce leaves
- ☐ 8 servings tomatoes
- ☐ 8 servings yogurt sauce

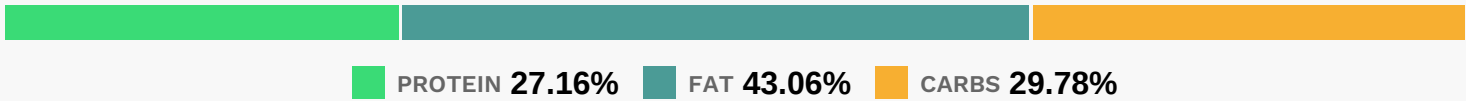
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Remove 1/4 cup corn, and place in a large bowl, reserving remaining corn in can for Tomato, Basil, and Corn Relish.
- ☐ Remove 1 teaspoon chiles, and place in bowl with corn, reserving remaining chiles in can for Tomato, Basil, and Corn Relish.
- ☐ Add 1/2 cup breadcrumbs, 1 egg, chicken, and next 7 ingredients to corn and chiles in bowl.
- ☐ Combine chicken mixture until well blended; shape mixture into 8 patties.
- ☐ Beat remaining egg in a small bowl. Dip chicken patties in egg, and dredge in remaining 1/2 cup breadcrumbs, shaking to remove any excess.
- ☐ Fry patties in hot olive oil in a large skillet over medium heat 4 minutes on each side or until golden brown.
- ☐ Drain on paper towels. Arrange patties on lettuce; top with Tomato, Basil, and Corn Relish, and drizzle with Yogurt Sauce.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:28.749999958536%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 361.98kcal (18.1%), Fat: 17.53g (26.98%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 21.69g (7.89%), Sugar: 7.07g (7.86%), Cholesterol: 102.07mg (34.02%), Sodium: 454.35mg (19.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Vitamin A: 9080.28IU (181.61%), Vitamin K: 124.21µg (118.3%), Folate: 192.02µg (48%), Vitamin C: 37.43mg (45.37%), Vitamin B3: 8.27mg (41.34%), Selenium: 25.67µg (36.67%), Manganese: 0.59mg (29.26%), Vitamin B6: 0.58mg (29.2%), Phosphorus: 276.92mg (27.69%), Potassium: 943.11mg (26.95%), Fiber: 5.6g (22.4%), Iron: 3.91mg (21.7%), Vitamin B1: 0.32mg (21.66%), Vitamin B2: 0.33mg (19.42%), Magnesium: 64.23mg (16.06%), Vitamin E: 2.32mg (15.45%), Zinc: 2.13mg (14.18%), Copper: 0.26mg (13.16%), Vitamin B5: 1.28mg (12.83%), Calcium: 119.14mg (11.91%), Vitamin B12: 0.37µg (6.23%), Vitamin D: 0.26µg (1.77%)