



Spicy Chicken Cakes with Horseradish Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon cajun spice
- ☐ 2 teaspoons canola oil
- ☐ 2 large egg whites
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 3 tablespoons mayonnaise low-fat
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless
- ☐ 3 ounce bread whole wheat

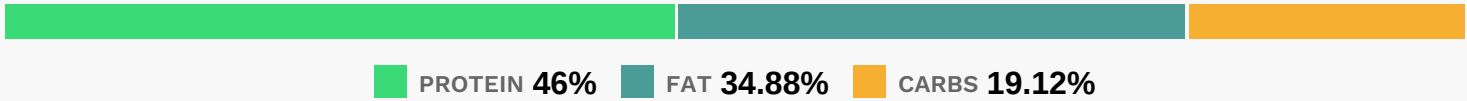
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare cakes, place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup (discard remaining breadcrumbs). Set breadcrumbs aside.
- ☐ Place chicken in food processor; pulse until ground.
- ☐ Combine chicken, chives, 3 tablespoons mayonnaise, seasoning, 1/4 teaspoon salt, egg whites, and breadcrumbs in a medium bowl; mix well (mixture will be wet). Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add patties; cook 7 minutes on each side or until done.
- ☐ To prepare aioli, combine 2 tablespoons mayonnaise and remaining ingredients in a small bowl.
- ☐ Serve with cakes.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:5.72, Inflammation Score:-5, Nutrition Score:16.556087193282%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 256.41kcal (12.82%), Fat: 9.71g (14.94%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.35g (3.76%), Sugar: 1.99g (2.21%), Cholesterol: 75.37mg (25.12%), Sodium: 628.48mg (27.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.63%), Selenium: 45.83µg (65.47%), Vitamin B3: 12.87mg (64.37%), Vitamin B6: 0.93mg (46.4%), Phosphorus: 294.02mg (29.4%), Manganese: 0.52mg (25.79%), Vitamin B5: 1.83mg (18.34%), Vitamin K: 18.49µg (17.61%), Potassium: 535.06mg (15.29%), Vitamin B2: 0.23mg (13.65%), Magnesium: 50.95mg (12.74%), Vitamin B1: 0.16mg (10.94%), Vitamin E: 1.22mg (8.1%), Vitamin A: 402.16IU (8.04%), Zinc: 1.12mg (7.47%), Iron: 1.18mg (6.56%), Fiber: 1.62g (6.49%), Calcium: 49.77mg (4.98%), Copper: 0.1mg (4.93%), Folate: 19.16µg (4.79%), Vitamin C: 3.83mg (4.64%), Vitamin B12: 0.24µg (4.03%)