



## Teeny-Weeny Coxinha

READY IN



45 min.

SERVINGS



20

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup breadcrumbs plain italian
- ☐ 1 carrots peeled quartered
- ☐ 1 rib celery stalks quartered
- ☐ 1 large chicken breast
- ☐ 8 ounces cream cheese softened
- ☐ 1 ears corn
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 garlic clove minced

- ☐ 2 spring onion thinly sliced
- ☐ 3.5 cups chicken broth low-sodium
- ☐ 0.5 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 onion peeled quartered
- ☐ 20 servings salt and pepper to taste
- ☐ 1 quart vegetable oil for frying
- ☐ 1 tablespoon milk whole

## Equipment

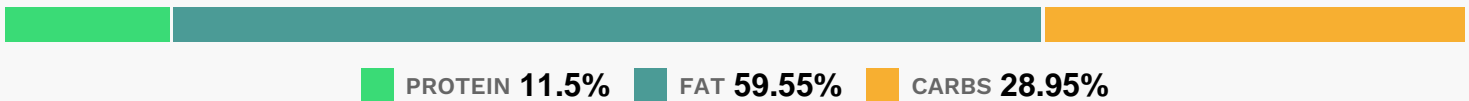
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ stove

## Directions

- ☐ In a large pot, preheat oil to 350°F. In another large pot, combine broth, onions, carrots, and celery and bring to a simmer. Carefully add chicken, cover, and reduce heat to medium-low. Poach chicken for 12 to 15 minutes, or until just cooked through. Turn off heat, but leave the pot of hot poaching liquid on the stove.
- ☐ Remove chicken from liquid and let it rest for 10 minutes.
- ☐ For the filling, finely chop or shred chicken into a large mixing bowl.
- ☐ Add cream cheese, corn, green onions, and garlic. Season with salt and pepper. Fold to combine.
- ☐ Strain 1 1/2 cups of the poaching liquid and discard the rest. In a saucepan over high heat, bring reserved liquid and oil to a boil.
- ☐ Add flour and stir vigorously until dough forms. Turn dough out onto a lightly floured surface and knead until smooth, about 5 minutes.

- ☐ Roll out to 1/4 inch thick.
- ☐ Cut out small rounds using a 3-inch circle cutter or the rim of a round cup.
- ☐ Place a small scoop (about 1 tablespoon) of the filling in the center of each round. Pinch dough together at the top to seal, creating plump little teardrop-shaped pouches. In a small bowl, lightly whisk eggs and milk together.
- ☐ Place bread crumbs in another small bowl. Carefully dip each pouch into the egg wash and then the bread crumbs until fully coated. Fry coxinha in small batches for 7 to 9 minutes, or until golden brown.
- ☐ Drain on paper towels, lightly season with salt, and serve hot.
- ☐ Coxinha freeze well and can be made at least a week ahead. There's no need to thaw before frying.
- ☐ From Tiny Food Party!: Bite-Size Recipes for Minature Meals by Teri Lyn Fisher and Jenny Park. Copyright © 2012 by Teri Lyn Fisher and Jenny Park. Published by Quirk Books.

## Nutrition Facts



## Properties

Glycemic Index:15.39, Glycemic Load:7.33, Inflammation Score:-6, Nutrition Score:6.8769564537898%

## Flavonoids

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 224.29kcal (11.21%), Fat: 14.97g (23.04%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15.5g (5.64%), Sugar: 1.58g (1.76%), Cholesterol: 26.96mg (8.99%), Sodium: 301.35mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13.01%), Vitamin K: 21.22µg (20.21%), Selenium: 10.97µg (15.67%), Vitamin B3: 2.98mg (14.88%), Vitamin A: 699.04IU (13.98%), Vitamin B1: 0.17mg (11.6%), Vitamin B2: 0.15mg (8.9%), Folate: 35.46µg (8.87%), Phosphorus: 83.13mg (8.31%), Manganese: 0.16mg (8.11%), Vitamin E: 1.01mg (6.73%), Vitamin B6: 0.13mg (6.45%), Iron: 1.09mg (6.06%), Potassium: 154.44mg (4.41%), Vitamin B5: 0.4mg (3.96%), Fiber: 0.88g (3.54%), Copper: 0.07mg (3.35%), Magnesium: 12.67mg (3.17%), Calcium: 30.77mg (3.08%), Zinc: 0.41mg (2.7%), Vitamin B12: 0.13µg (2.19%), Vitamin C: 1.3mg (1.58%)