



Thai Chicken Balls

 Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup breadcrumbs dry
- 1 cup cilantro leaves fresh chopped
- 4 spring onion sliced
- 2 pounds ground chicken
- 1 tablespoon ground coriander
- 2 tablespoons juice of lemon fresh
- 30 servings cooking oil for frying
- 0.3 cup chilli sauce sweet

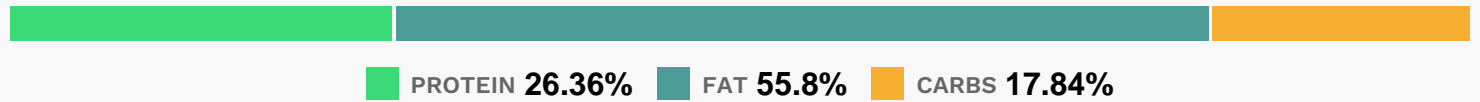
Equipment

- bowl
- frying pan

Directions

- In a large bowl, mix together the chicken and bread crumbs. Season with green onion, ground coriander, cilantro, chili sauce and lemon juice; mix well.
- Using damp hands, form mixture into evenly shaped balls that are either small enough to eat with your fingers, or large enough to use as burgers.
- Heat oil in a large skillet over medium heat. Fry the chicken balls in batches until well browned all over.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.5004347873771%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 87.94kcal (4.4%), Fat: 5.49g (8.45%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.65g (1.33%), Sugar: 1.31g (1.45%), Cholesterol: 26.01mg (8.67%), Sodium: 66.32mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Vitamin B3: 1.94mg (9.72%), Vitamin B6: 0.16mg (8.07%), Vitamin K: 7.44µg (7.09%), Phosphorus: 61.38mg (6.14%), Selenium: 4.05µg (5.79%), Vitamin B2: 0.09mg (5.3%), Potassium: 175.24mg (5.01%), Vitamin B1: 0.07mg (4.64%), Vitamin E: 0.6mg (3.99%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.51mg (3.43%), Vitamin B12: 0.18µg (3.03%), Iron: 0.48mg (2.68%), Manganese: 0.05mg (2.3%), Magnesium: 8.97mg (2.24%), Copper: 0.03mg (1.66%), Folate: 5.71µg (1.43%), Fiber: 0.3g (1.22%), Calcium: 11.15mg (1.12%), Vitamin C: 0.87mg (1.05%), Vitamin A: 52IU (1.04%)