



Thai chicken cakes with sweet chilli sauce



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



251 kcal

Ingredients

- ☐ 175 g chicken breasts boneless skinless cubed
- ☐ 1 garlic clove roughly chopped
- ☐ 1 small piece root ginger fresh peeled roughly chopped
- ☐ 1 small onion roughly chopped
- ☐ 4 tbsp coriander fresh
- ☐ 1 chilli green seeded roughly chopped
- ☐ 2 tbsp olive oil
- ☐ 2 servings chilli sauce shredded sweet red

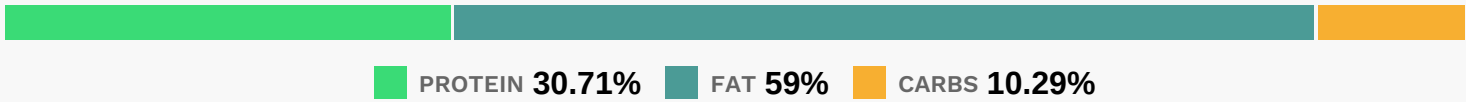
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Toss the chicken, garlic, ginger, onion, coriander and chilli into a food processor and season well. Blitz until the chicken is finely ground and everything is well mixed. Use your hands to shape six small cakes.
- ☐ Heat the oil in a frying pan, then fry the cakes over a medium heat for about 6–8 mins, turning once.
- ☐ Serve hot, with sweet chilli sauce, lime wedges, coriander, shredded spring onion and red chilli.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.95, Inflammation Score:-4, Nutrition Score:10.833912997142%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 250.86kcal (12.54%), Fat: 16.35g (25.15%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.79g (3.1%), Cholesterol: 56mg (18.67%), Sodium: 189.18mg (8.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.29%), Vitamin B3: 9.21mg (46.06%), Selenium: 28.42µg (40.6%), Vitamin B6: 0.72mg (36.14%), Phosphorus: 197.77mg (19.78%), Vitamin E: 2.22mg (14.8%), Vitamin B5: 1.31mg (13.11%), Potassium: 399.7mg (11.42%), Vitamin K: 11.25µg (10.72%), Vitamin C: 7.2mg (8.73%), Magnesium: 28.34mg (7.08%), Vitamin B2: 0.1mg (5.95%), Fiber: 1.47g (5.87%), Vitamin B1: 0.08mg (5.1%), Manganese: 0.09mg (4.74%), Zinc: 0.6mg (4%), Iron: 0.54mg (2.98%), Vitamin B12: 0.17µg (2.92%), Folate: 11.08µg (2.77%), Copper: 0.05mg (2.57%), Calcium: 16.38mg (1.64%), Vitamin A: 81.07IU (1.62%)