



## CHICKEN BITES

### INGREDIENTS

- 200 grams of squash (calabaza)
- 150 grams of chicken, cooked

### COOKING METHOD

- 1° Cook the pumpkin with natural seasonings until soft and easy to mash. Make a purée. Mix the pumpkin purée with the shredded chicken until you get a uniform dough. Shape into small balls (like mini croquettes). Place in the air fryer at 360°F (180°C) for about 10 minutes, until lightly crispy on the outside and soft on the inside. The total number of bites from this recipe equals one full meal.

### NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	90 kcal	5 %
FAT	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 %
CHOLESTEROL	45 mg	15 %
SODIUM	25 mg	1 %
CARBOHYDRATE	7 g	2 %
SUGARS	1 g	—
FIBER	1 g	5 %
PROTEIN	14 g	—