



CHICKEN OLIVE MORTADELLA

 30 minutes 1 hour 10 portions

INGREDIENTS

- 800 grams of chicken, broiler or fryers, breast, skinless, boneless, meat only, raw
- 5 cloves of garlic, raw [15 g]
- 15 grams of milk, dry, whole, powdered
- 4 tbsps of milk, whole, 3.25% milkfat, with added vitamin D [60 g]
- 100 grams of olives green, in brine, canned

COOKING METHOD

- 1° 1. Mince chicken breasts, garlic, milk, milk powder, salt and desired spices in food processor. Then keep mixture in refrigerator for 1 hour. 2. Add sliced olives to mixture and shape with wet hands piece of mortadella then wrap it in cling firm. The ends tight with thread and place it in boiling water for 20-30 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [99 g]	% DRI
ENERGY	123 kcal	122 kcal	6 %
FAT	4 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
CHOLESTEROL	61 mg	61 mg	20 %
SODIUM	287 mg	284 mg	12 %
CARBOHYDRATE	2 g	2 g	1 %
SUGARS	0 g	0 g	-
FIBER	0 g	0 g	1 %
PROTEIN	19 g	19 g	-