

Mini Schnitzels

Nutritional Values:

| Ratio | 4.1 | 3.1 |
|------------------|-----|------|
| Protein (g) | 10 | 10.5 |
| Carbohydrates g) | 1.6 | 1.7 |
| Calories | 460 | 382 |



Ingredients:

| Ratio | 4.1 | 3.1 |
|------------------------------|-----|-----|
| Egg yolk | 10g | 10g |
| Chicken Breast – thin strips | 30g | 30g |
| Finely ground coconut | 10g | 10g |
| Ketocal | 5g | 10g |
| Hellman's Real Mayonnaise | 20g | 10g |
| Heinz Ketchup | 1g | 1g |
| Oil (100% fat) | 20g | 15g |

Instructions:

1. In a small bowl mix the coconut with the Ketocal
2. In a separate bowl, beat the egg yolk
3. Dip the chicken strips first in the egg then in the coconut-Ketocal mix
4. Fry in the oil
5. In a small bowl, mix the mayonnaise and ketchup to make dip

Keto-tip

On this diet, every drop of oil is calculated and therefore must be eaten. There are many creative ways to ensure that children eat the required amount of fat. It can be poured onto the fried schnitzel or mixed into the dip. The important thing is that the children maintain their ketogenic ratio; therefore it's crucial that they eat everything!