



Best Easy Chicken Croquettes

READY IN



45 min.

SERVINGS



3

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons celery minced
- 1.5 cups chicken meat cooked finely chopped
- 10.8 ounce cream of chicken soup canned
- 0.3 cup bread crumbs dry italian-style
- 0.5 cup milk
- 1 tablespoon onion minced
- 0.1 tablespoon poultry seasoning
- 1 tablespoon shortening

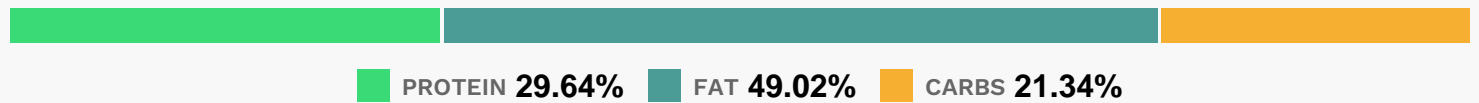
Equipment

- frying pan
- sauce pan

Directions

- Combine 1/3 cup of the soup, chicken, bread crumbs, celery, onion and 1/4 teaspoon poultry seasoning.
- Mix well and shape into 6 croquettes (I make patties). Chill in refrigerator for about 1 hour.
- Remove croquettes from refrigerator and roll in additional bread crumbs. In a large skillet, melt 1 to 2 tablespoons shortening. Brown the croquettes in the shortening. Meanwhile, in a small saucepan, combine the remaining soup, milk and 1/8 teaspoon poultry seasoning.
- Heat over low, stirring occasionally.
- Serve sauce over croquettes.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:3.94, Inflammation Score:-4, Nutrition Score:10.849130428356%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 308.59kcal (15.43%), Fat: 16.57g (25.5%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 15.66g (5.7%), Sugar: 3.28g (3.65%), Cholesterol: 65.51mg (21.84%), Sodium: 851.58mg (37.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.1%), Vitamin B3: 6.58mg (32.9%), Selenium: 22.24µg (31.77%), Phosphorus: 224.35mg (22.43%), Vitamin B6: 0.33mg (16.64%), Vitamin B2: 0.25mg (14.49%), Iron: 2.44mg (13.54%), Vitamin B1: 0.17mg (11.36%), Vitamin B5: 1.12mg (11.23%), Zinc: 1.67mg (11.16%), Copper: 0.2mg (9.89%), Vitamin K: 10.07µg (9.59%), Calcium: 93.71mg (9.37%), Manganese: 0.19mg (9.33%), Potassium: 308.59mg (8.82%), Vitamin B12: 0.45µg (7.57%), Magnesium: 28.81mg (7.2%), Vitamin A: 307.87IU

(6.16%), Vitamin E: 0.85mg (5.7%), Folate: 17.94 μ g (4.49%), Vitamin D: 0.45 μ g (2.98%), Fiber: 0.57g (2.26%)