



Cheese-Filled Risotto Croquettes with Tomato Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



609 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs fresh white
- ☐ 1 eggs with 2 tbsp cold milk or water
- ☐ 1 large egg yolk
- ☐ 8 servings flour all-purpose for dredging
- ☐ 5 oz fontina
- ☐ 2 Tbsp parsley fresh minced
- ☐ 2 Tbsp cup heavy whipping cream
- ☐ 0.5 cup parmesan grated

- ☐ 3 cups arborio rice leftover cooked
- ☐ 8 servings salt and pepper freshly ground
- ☐ 2 cups tomato sauce
- ☐ 8 servings vegetable oil for deep-frying

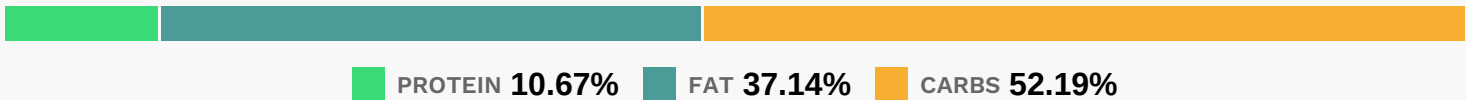
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ In a large bowl, combine the risotto with the Parmesan, cream, herbs, and egg yolk. Season with salt and pepper.
- ☐ Cut the cheese into 16 cubes. Scoop up about 3 Tbsp of the risotto mixture and pack it around a cube of cheese to make a croquette, a ball the size of a Ping-Pong ball. Repeat to form 16 croquettes.
- ☐ Put the flour, egg wash, and bread crumbs in 3 separate bowls. Dredge the croquettes in the flour, dip in the egg wash, and roll in the bread crumbs. Chill thoroughly, 2-24 hours.
- ☐ Pour oil into a tall pot to a depth of 5 inches.
- ☐ Heat the oil over medium-high heat until it registers 375°F on a deep-frying thermometer. Deep-fry the croquettes in batches, without crowding, until they are evenly browned, 4-5 minutes. Using a slotted spoon or tongs, transfer to paper towels to drain briefly.
- ☐ Serve on a pool of warmed tomato sauce.
- ☐ From Cooking at Home by The Culinary Institute of America, © 2003 John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:52.28, Inflammation Score:-8, Nutrition Score:20.818260866663%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 608.81kcal (30.44%), Fat: 24.93g (38.36%), Saturated Fat: 8.11g (50.66%), Carbohydrates: 78.81g (26.27%), Net Carbohydrates: 74.95g (27.26%), Sugar: 3.51g (3.9%), Cholesterol: 72.45mg (24.15%), Sodium: 836.08mg (36.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.25%), Folate: 215.71µg (53.93%), Manganese: 1.03mg (51.35%), Vitamin B1: 0.64mg (42.77%), Vitamin K: 44.67µg (42.55%), Selenium: 24.6µg (35.15%), Iron: 5.07mg (28.19%), Vitamin B3: 5.09mg (25.47%), Phosphorus: 244.75mg (24.47%), Calcium: 217.83mg (21.78%), Vitamin B2: 0.27mg (15.79%), Fiber: 3.86g (15.44%), Vitamin B5: 1.53mg (15.27%), Vitamin E: 2.26mg (15.06%), Copper: 0.29mg (14.36%), Zinc: 2.14mg (14.26%), Vitamin A: 671.29IU (13.43%), Vitamin B6: 0.25mg (12.36%), Magnesium: 40.63mg (10.16%), Potassium: 309.26mg (8.84%), Vitamin B12: 0.52µg (8.61%), Vitamin C: 5.57mg (6.76%), Vitamin D: 0.42µg (2.82%)