



Crab Croquettes

READY IN



30 min.

SERVINGS



30

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 ounces surimi crab sticks shelled cooked
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 large eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup green onions chopped
- ☐ 30 servings hot sauce
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup panko bread crumbs) (japanese-style divided

☐ 4 cups vegetable oil for frying

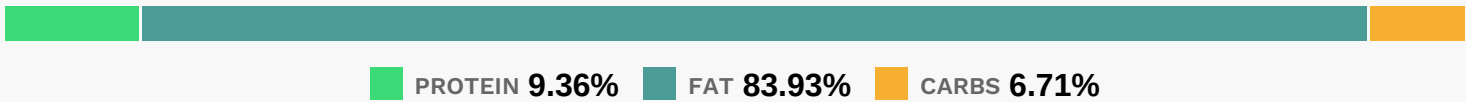
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Saut onions in butter in a medium frying pan over high heat until softened, 1 minute.
- ☐ Transfer to a large bowl.
- ☐ Add mustard, garlic powder, salt, crab, 1 egg, and 1/4 cup panko and stir until blended.
- ☐ Form mixture into 8 balls and set them on an oiled baking sheet.
- ☐ Whisk remaining egg with 2 tbsp. water on a small plate. Put remaining 1/2 cup panko on another plate. Dip balls in egg, then roll in panko.
- ☐ Meanwhile, pour oil into a medium pot, insert a deep-fry thermometer, and heat over high heat to 35
- ☐ Cook 3 or 4 balls in oil at a time, turning often, until medium brown, 4 minutes.
- ☐ Transfer croquettes to paper towels.
- ☐ Serve with hot sauce.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.0482608364976%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 70.66kcal (3.53%), Fat: 6.64g (10.22%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.13g (0.14%), Cholesterol: 18.9mg (6.3%), Sodium: 72.81mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin K: 12.58µg (11.98%), Selenium: 3.92µg (5.6%), Vitamin E: 0.63mg (4.22%), Vitamin B12: 0.22µg (3.74%), Copper: 0.05mg (2.67%), Phosphorus: 23.15mg (2.32%), Zinc: 0.29mg (1.92%), Folate: 6.68µg (1.67%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.26mg (1.32%), Vitamin B1: 0.02mg (1.2%), Vitamin B5: 0.12mg (1.18%), Manganese: 0.02mg (1.07%), Calcium: 10.61mg (1.06%)