



## Croquette Dough



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



1 pound cuban bread toasted sliced



3 pound loaves bread white



1 teaspoon salt

## Equipment



mixing bowl

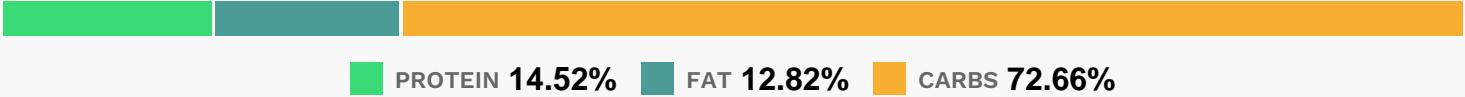


blender

# Directions

- ☐ Trim crust from white bread; discard crust.
- ☐ Place bread in a large mixing bowl. Cover with water; let stand 15 minutes.
- ☐ Drain off water, and squeeze excess water from bread; return bread to large mixing bowl. Stir until doughy.
- ☐ Place Cuban bread in container of an electric blender, a few slices at a time; process until breadcrumbs are fine. Repeat procedure with remaining toasted Cuban bread.
- ☐ Add breadcrumbs, paprika, if desired, and salt to white bread, mixing until soft dough forms. Cover and refrigerate dough until ready to use.
- ☐ Note: 4 1/4 cups fine dry breadcrumbs may be substituted for 1-pound loaf of Cuban bread.

# Nutrition Facts



# Properties

Glycemic Index:3.71, Glycemic Load:16.47, Inflammation Score:-2, Nutrition Score:5.8673912095635%

# Nutrients (% of daily need)

Calories: 136.58kcal (6.83%), Fat: 1.93g (2.97%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 23.21g (8.44%), Sugar: 2.74g (3.04%), Cholesterol: 0mg (0%), Sodium: 304.5mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Manganese: 0.37mg (18.71%), Selenium: 12.4µg (17.71%), Vitamin B1: 0.24mg (16.23%), Folate: 52.67µg (13.17%), Vitamin B3: 2.5mg (12.52%), Iron: 1.72mg (9.58%), Calcium: 95.55mg (9.55%), Vitamin B2: 0.12mg (7.2%), Phosphorus: 58.97mg (5.9%), Fiber: 1.37g (5.49%), Magnesium: 15.37mg (3.84%), Copper: 0.07mg (3.28%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.05mg (2.44%), Potassium: 62mg (1.77%)