



Eggplant Croquettes

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

Ingredients

- 2 tablespoons parsley dried
- 2 medium eggplant cubed peeled
- 2 eggs beaten
- 1 clove garlic minced
- 0.5 teaspoon pepper black
- 1 cup seasoned bread crumbs italian
- 2 tablespoons onion chopped
- 1 teaspoon salt

- 1 cup sharp cheddar cheese shredded
- 1 cup vegetable oil for frying

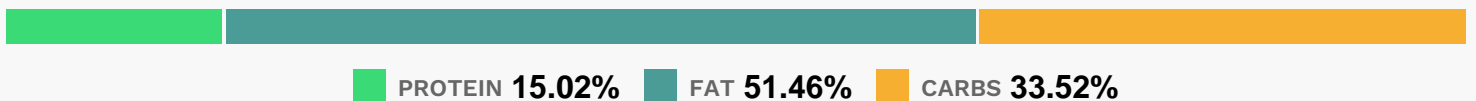
Equipment

- bowl
- frying pan
- microwave

Directions

- Place eggplant in a microwave safe bowl and microwave on medium-high 3 minutes. Turn eggplant over and microwave another 2 minutes. The eggplant should be tender, cook another 2 minutes if the eggplants are not tender.
- Drain any liquid from the eggplants and mash.
- Combine cheese, bread crumbs, eggs, parsley, onion, garlic and salt with the mashed eggplant.
- Mix well.
- Shape the eggplant mixture into patties.
- Heat oil in a large skillet. Drop eggplant patties one at a time into skillet. Fry each side of the patties until golden brown, approximately 5 minutes on each side. Patties can be frozen before frying and cooked later.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:14.075217329937%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 281.26kcal (14.06%), Fat: 16.48g (25.36%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 18.31g (6.66%), Sugar: 6.85g (7.61%), Cholesterol: 73.59mg (24.53%), Sodium: 805.09mg (35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.64%), Vitamin K: 37.76µg (35.96%), Manganese: 0.66mg (32.86%), Fiber: 5.85g (23.39%), Selenium: 15.42µg (22.03%), Calcium: 201.76mg (20.18%), Phosphorus: 192.24mg (19.22%), Vitamin B2: 0.31mg (18.07%), Vitamin B1: 0.27mg (17.81%), Folate: 70.11µg (17.53%), Potassium: 457.6mg (13.07%), Vitamin B3: 2.32mg (11.6%), Vitamin B6: 0.22mg (10.85%), Magnesium: 40.84mg (10.21%), Iron: 1.81mg (10.03%), Copper: 0.2mg (9.99%), Vitamin E: 1.46mg (9.75%), Zinc: 1.46mg (9.74%), Vitamin B5: 0.87mg (8.73%), Vitamin A: 355.57IU (7.11%), Vitamin B12: 0.4µg (6.67%), Vitamin C: 5.13mg (6.22%), Vitamin D: 0.41µg (2.71%)