



Ham and Rice Croquettes

READY IN



20 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice white cooled cooked
- ☐ 0.5 cup bread crumbs plain dry
- ☐ 2 large eggs divided
- ☐ 0.3 cup parmesan grated
- ☐ 3 cups vegetable oil

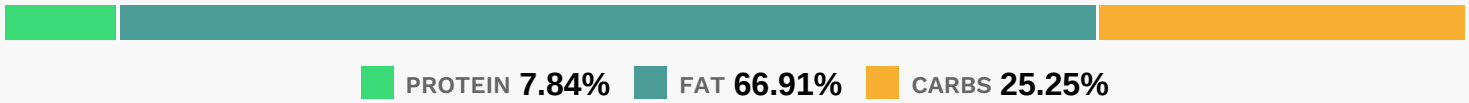
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir together rice, ham, cheese, 1 egg, and 1/4 teaspoon pepper. Put remaining egg (lightly beaten) and bread crumbs in separate shallow bowls.
- ☐ Heat 1 to 1 1/2 inches oil to 350°F in a 10-inch skillet over high heat. Meanwhile, dampen your hands and form 1/4-cup amounts of rice mixture into 2 1/2-inch cakes. Lightly coat with egg, then with bread crumbs. Fry croquettes in 2 batches, turning once or twice, until golden-brown, 2 to 3 minutes per batch.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:11.99, Inflammation Score:-2, Nutrition Score:5.6282608820044%

Nutrients (% of daily need)

Calories: 256.75kcal (12.84%), Fat: 19.08g (29.36%), Saturated Fat: 3.68g (23%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.75g (5.73%), Sugar: 0.52g (0.58%), Cholesterol: 49.33mg (16.44%), Sodium: 134.3mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin K: 30.62µg (29.16%), Selenium: 9.44µg (13.48%), Manganese: 0.25mg (12.64%), Vitamin E: 1.5mg (9.99%), Phosphorus: 81.79mg (8.18%), Calcium: 72.64mg (7.26%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.4mg (4.02%), Zinc: 0.57mg (3.78%), Iron: 0.66mg (3.67%), Folate: 14.57µg (3.64%), Vitamin B6: 0.07mg (3.5%), Vitamin B3: 0.63mg (3.13%), Vitamin B12: 0.18µg (3.08%), Copper: 0.05mg (2.74%), Magnesium: 10.98mg (2.74%), Vitamin A: 100.04IU (2%), Fiber: 0.46g (1.85%), Vitamin D: 0.27µg (1.81%), Potassium: 48.14mg (1.38%)