

Ham Croquettes

READY IN



45 min.

SERVINGS



10

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups breadcrumbs dried divided
- 1 tablespoon butter
- 4 eggs
- 0.5 teaspoon garlic powder
- 3 medium green onions chopped
- 16 ounce honey ham sliced finely chopped
- 2 cups oil for frying
- 0.5 cup onion chopped
- 10 servings salt and pepper to taste

- 1.5 cups cheddar cheese shredded
- 0.1 cup water

Equipment

- bowl
- frying pan
- paper towels

Directions

- Melt butter in a large skillet over medium heat. Stir in onion, green onions, and garlic; cook until tender, about 10 minutes.
- Transfer contents of skillet to a large bowl. Stir in ham, Cheddar cheese, and 1 1/2 cups of bread crumbs. Beat 3 eggs; stir into ham mixture.
- Sprinkle with salt and pepper. Using your hands, make golf ball-size balls out of the ham mixture.
- Heat vegetable oil in a large skillet over medium heat.
- Spread remaining bread crumbs onto a plate. In a large bowl, beat 1 egg; stir in water. Dip balls into egg mixture, and roll in bread crumbs.
- Place balls in hot oil being careful not to crowd. Fry until golden brown.
- Remove to paper towels to soak up grease.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:14.750000041464%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 426.91kcal (21.35%), Fat: 26.87g (41.34%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 23.32g (8.48%), Sugar: 2.58g (2.86%), Cholesterol: 113.55mg (37.85%), Sodium: 1115.5mg (48.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.97%), Selenium: 28.78µg (41.11%), Vitamin B1: 0.6mg (40.32%), Phosphorus: 267.95mg (26.79%), Vitamin B2: 0.39mg (23.08%), Vitamin B3: 4.23mg (21.15%), Calcium: 197.9mg (19.79%), Vitamin K: 18.43µg (17.55%), Manganese: 0.33mg (16.51%), Zinc: 2.41mg (16.06%), Vitamin E: 2.13mg (14.19%), Vitamin B6: 0.27mg (13.4%), Iron: 2.39mg (13.27%), Folate: 52.37µg (13.09%), Vitamin B12: 0.74µg (12.37%), Magnesium: 31.12mg (7.78%), Vitamin B5: 0.74mg (7.42%), Potassium: 256.84mg (7.34%), Copper: 0.15mg (7.34%), Vitamin A: 344.89IU (6.9%), Fiber: 1.72g (6.9%), Vitamin D: 0.77µg (5.14%), Vitamin C: 1.44mg (1.75%)