



Mama Kaye's Salmon Breakfast Croquettes

 Dairy Free

READY IN



95 min.

SERVINGS



15

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large eggs beaten
- 6 tablespoons flour all-purpose
- 5 cloves garlic minced
- 15 servings vegetable oil; peanut oil preferred for frying
- 2 cups potatoes mashed
- 8 ounces poached salmon flaked
- 15 servings salt and pepper
- 1 small onion diced white

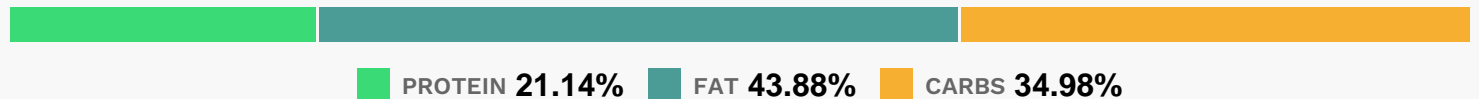
Equipment

- bowl
- frying pan
- paper towels
- kitchen thermometer

Directions

- Mix the salmon, eggs, mashed potatoes, onion and garlic in a large bowl. Season with salt and pepper. Stir in the flour to hold the mixture together.
- Form the mixture into golf-ball-size balls. Refrigerate 1 hour or overnight.
- Heat about 1 inch of peanut oil in a large straight-sided skillet until a deep-fry thermometer registers 325 degrees. Fry the croquettes, in batches, until crisp and golden on one side, 3 to 4 minutes, adjusting the heat as necessary. Turn and cook until golden on the other side, 1 to 2 more minutes.
- Drain on paper towels.
- Photograph by Kate Mathis

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:5.43, Inflammation Score:-2, Nutrition Score:4.8365217836007%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 91.59kcal (4.58%), Fat: 4.46g (6.86%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.2g (2.62%), Sugar: 0.46g (0.51%), Cholesterol: 33.12mg (11.04%), Sodium: 212.01mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Selenium: 8.83µg (12.62%), Vitamin B6: 0.24mg (11.85%), Vitamin B12: 0.54µg (9%), Vitamin B3: 1.68mg (8.39%), Vitamin C: 6.17mg (7.48%), Vitamin B2: 0.11mg

(6.71%), Phosphorus: 65.52mg (6.55%), Potassium: 215.24mg (6.15%), Vitamin B1: 0.09mg (5.8%), Vitamin B5: 0.46mg (4.62%), Manganese: 0.09mg (4.54%), Folate: 17.8µg (4.45%), Copper: 0.08mg (4.11%), Iron: 0.62mg (3.47%), Vitamin E: 0.52mg (3.44%), Magnesium: 13.01mg (3.25%), Fiber: 0.8g (3.19%), Zinc: 0.31mg (2.04%), Calcium: 12.36mg (1.24%)