



Potato Croquetas with Saffron Alioli

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 0.8 cup breadcrumbs dry fine
- 3 large eggs
- 0.8 cup flour all-purpose
- 1 tablespoon chives fresh finely chopped
- 1 tablespoon parsley fresh chopped
- 0.3 teaspoon tarragon fresh chopped
- 4 cups olive oil for frying extra-virgin (not)

- 1 pound potato boiling (2)
- 24 servings saffron threads
- 0.5 teaspoon salt
- 2 tablespoons butter unsalted softened

Equipment

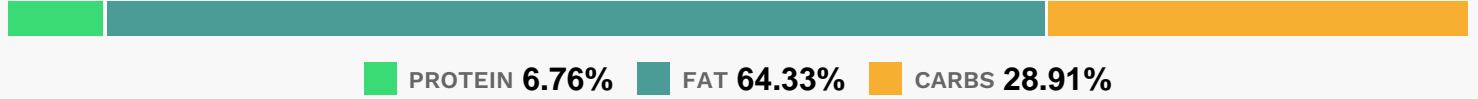
- bowl
- paper towels
- sauce pan
- oven
- pot
- baking pan
- kitchen thermometer
- slotted spoon
- colander
- potato ricer

Directions

- Peel potatoes and cut into 1-inch pieces. Cover with salted cold water by 1 inch in a 2-quart saucepan, then boil until tender, about 8 minutes.
- Drain in a colander. Force potatoes through ricer into a medium bowl and cool.
- Lightly beat 1 egg in a small bowl with a fork.
- Add to cooled potatoes along with herbs, butter, salt, and pepper and stir just until combined.
- Spoon tablespoons of potato mixture onto a tray, then lightly roll each into a ball between palms of your hands and return to tray.
- Lightly beat remaining 2 eggs in a small bowl and set aside.
- Spread flour in a shallow bowl, then spread bread crumbs in another shallow bowl.
- Working in 4 batches (of 6 or 7), roll balls in flour to coat, gently shaking off excess flour. Dip balls in egg, turning to coat and letting excess drip off, then roll in bread crumbs and return to tray. Chill, covered, 30 minutes.

- Preheat oven to 200°F.
- Heat 1 1/2 inches oil in a 3–quart pot until it registers 360°F on thermometer. Working in 4 batches, fry croquetas, turning if necessary, until browned, about 1 1/2 minutes per batch.
- Transfer with a slotted spoon to paper towels to drain, then transfer to a baking pan and keep warm in oven while frying remaining croquetas. (Return oil to 360°F between batches.)

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:2.6, Inflammation Score:-2, Nutrition Score:4.0013043854548%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 125.02kcal (6.25%), Fat: 9.05g (13.92%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.52g (3.1%), Sugar: 0.49g (0.55%), Cholesterol: 25.76mg (8.59%), Sodium: 87.37mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Manganese: 0.37mg (18.7%), Vitamin K: 8.23µg (7.84%), Vitamin E: 1.14mg (7.59%), Selenium: 4.26µg (6.08%), Vitamin B1: 0.08mg (5.51%), Folate: 18.51µg (4.63%), Iron: 0.76mg (4.24%), Vitamin B2: 0.07mg (4.18%), Phosphorus: 36.74mg (3.67%), Potassium: 125.08mg (3.57%), Vitamin B3: 0.7mg (3.48%), Vitamin C: 2.74mg (3.32%), Vitamin B6: 0.06mg (2.98%), Magnesium: 10.11mg (2.53%), Fiber: 0.63g (2.52%), Copper: 0.05mg (2.41%), Vitamin B5: 0.19mg (1.87%), Vitamin A: 89.94IU (1.8%), Zinc: 0.23mg (1.57%), Calcium: 14.27mg (1.43%), Vitamin B12: 0.07µg (1.16%)