

Potato Croquettes

READY IN



20 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons bacon bits
- 1 cup breadcrumbs dried italian-style
- 1 teaspoon onion flakes dried
- 2 tablespoons parsley dried
- 2 eggs
- 4 cups potatoes mashed
- 0.5 cup pecorino cheese grated
- 4 servings salt and pepper to taste
- 1 quart vegetable oil for deep frying

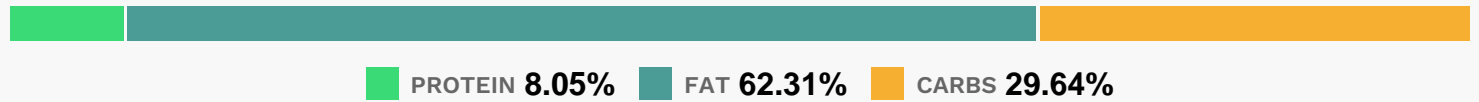
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine mashed potatoes, eggs, parsley, cheese, salt and pepper, bacon bits and onion flakes. Form mixture into patties, and dredge patties in the bread crumbs.
- Pour oil 1/2 inch deep in a large, heavy skillet.
- Heat oil over medium-high heat. Fry patties, flipping to fry them on both sides, until they are golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:26.98, Inflammation Score:-8, Nutrition Score:25.140869731488%

Flavonoids

Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 790.35kcal (39.52%), Fat: 55.36g (85.18%), Saturated Fat: 10.58g (66.13%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 52.69g (19.16%), Sugar: 4.02g (4.46%), Cholesterol: 94.84mg (31.61%), Sodium: 652mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.18%), Vitamin K: 106.77µg (101.69%), Vitamin C: 43.61mg (52.86%), Vitamin B6: 0.73mg (36.59%), Manganese: 0.69mg (34.69%), Phosphorus: 318.5mg (31.85%), Vitamin B1: 0.47mg (31.44%), Vitamin E: 4.51mg (30.04%), Potassium: 1030.06mg (29.43%), Fiber: 6.57g (26.29%), Calcium: 238.15mg (23.82%), Selenium: 16.46µg (23.52%), Vitamin B3: 4.2mg (20.99%), Vitamin B2: 0.35mg (20.61%), Iron: 3.7mg (20.55%), Folate: 82µg (20.5%), Magnesium: 76.14mg (19.03%), Copper: 0.35mg (17.36%), Vitamin B5: 1.19mg (11.89%), Zinc: 1.75mg (11.67%), Vitamin B12: 0.47µg (7.87%), Vitamin A: 194.49IU (3.89%), Vitamin D: 0.5µg (3.35%)