



WHATSheATE



Potato, Mushroom, and Leek Croquettes

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 ounces button mushrooms sliced
- ☐ 4 ounces cremini mushrooms sliced
- ☐ 1 large egg white
- ☐ 1 large egg yolk
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 ounces gruyère cheese shredded
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup leek chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 ounce parmigiano-reggiano cheese divided grated
- ☐ 2 teaspoons water
- ☐ 8 ounces yukon gold potatoes peeled coarsely chopped

Equipment

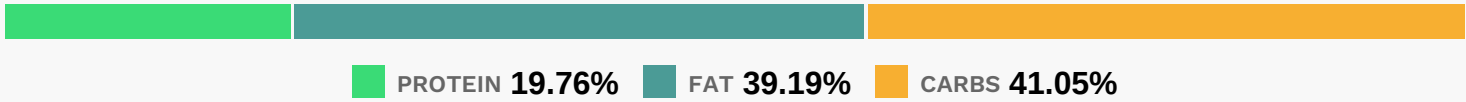
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ potato ricer

Directions

- ☐ Place potato in a pan; cover with water. Bring to a boil. Reduce heat; simmer 8 minutes or until tender.
- ☐ Drain. Press potato through a ricer or food mill into a bowl.
- ☐ Place mushrooms, leek, and thyme in a food processor; pulse until finely chopped.
- ☐ Heat a large skillet over medium heat. Coat pan with cooking spray.
- ☐ Add mushroom mixture; cook 6 minutes, stirring occasionally.
- ☐ Add mixture to potato.
- ☐ Add Gruyere, 2 tablespoons Parmigiano-Reggiano, salt, pepper, and egg yolk; stir until blended. Shape mixture into 8 (2-inch) round patties.
- ☐ Place flour in a shallow dish.
- ☐ Combine egg white and 2 teaspoons water in a shallow dish, stirring with a whisk.
- ☐ Combine remaining 2 tablespoons Parmigiano-Reggiano and panko in a shallow dish. Dredge patties in flour. Dip in egg mixture; dredge in panko mixture.
- ☐ Heat a large nonstick skillet over medium-high heat.

- ☐ Add oil; swirl to coat.
- ☐ Add patties; cook 4 minutes on each side or until golden.

Nutrition Facts



Properties

Glycemic Index:81.69, Glycemic Load:13.76, Inflammation Score:-7, Nutrition Score:15.041739173557%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 266.83kcal (13.34%), Fat: 11.77g (18.11%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 25.1g (9.13%), Sugar: 2.61g (2.9%), Cholesterol: 66.31mg (22.1%), Sodium: 585.31mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.72%), Selenium: 23.4µg (33.43%), Vitamin B2: 0.48mg (28.27%), Phosphorus: 271.92mg (27.19%), Calcium: 271.17mg (27.12%), Vitamin B3: 3.91mg (19.56%), Manganese: 0.38mg (19.11%), Vitamin B1: 0.28mg (18.39%), Copper: 0.36mg (17.97%), Vitamin C: 13.9mg (16.85%), Folate: 63.9µg (15.98%), Potassium: 544.28mg (15.55%), Vitamin B6: 0.3mg (15.16%), Vitamin B5: 1.38mg (13.8%), Iron: 2.12mg (11.75%), Zinc: 1.68mg (11.2%), Fiber: 2.65g (10.61%), Vitamin K: 9.88µg (9.41%), Magnesium: 37.38mg (9.34%), Vitamin A: 462.72IU (9.25%), Vitamin B12: 0.47µg (7.8%), Vitamin E: 0.8mg (5.32%), Vitamin D: 0.44µg (2.9%)