



Rice and Ham Croquettes with Tomato Sauce

READY IN



140 min.

SERVINGS



10

CALORIES



333 kcal

SIDE DISH

Ingredients

- 3 cups rice long-grain cooked
- 6 oz country ham diced finely
- 3 oz cream cheese softened room temperature
- 2 large eggs
- 0.5 cup green onions light finely chopped
- 2 tablespoons milk
- 1.3 cups panko bread crumbs (Japanese breadcrumbs)
- 10 servings tomato sauce
- 10 servings vegetable oil

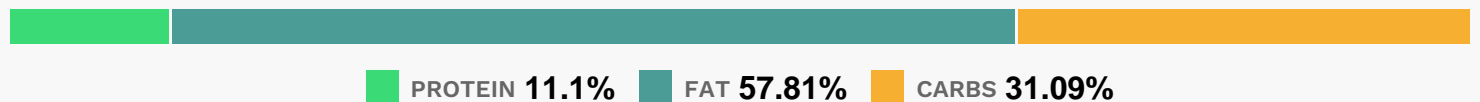
Equipment

- bowl
- paper towels
- oven
- dutch oven

Directions

- Preheat oven to 22
- Stir together first 4 ingredients in a large bowl until blended; season with salt and pepper to taste. Lightly beat 1 egg, and gently stir into rice mixture until blended. Stir together milk and remaining egg in a small bowl until blended; place breadcrumbs in a shallow bowl.
- Form rice mixture into 1-inch balls, using wet hands. Dip balls in egg mixture, and roll in breadcrumbs, shaking off excess.
- Pour oil to depth of 1 1/2 inches into a Dutch oven; heat over medium-high heat to 34
- Fry croquettes, in batches, 4 to 5 minutes or until golden brown.
- Transfer to an oven-safe platter lined with paper towels, and keep warm in a 225 oven.
- Serve croquettes with warm Tomato Sauce.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:16.7, Inflammation Score:-6, Nutrition Score:12.535217409549%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 333.21kcal (16.66%), Fat: 21.73g (33.43%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 23.81g (8.66%), Sugar: 5.47g (6.07%), Cholesterol: 56.7mg (18.9%), Sodium: 880.77mg (38.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Vitamin K: 40.24µg (38.32%),

Manganese: 0.44mg (21.9%), Vitamin E: 3.2mg (21.35%), Selenium: 13.93µg (19.9%), Vitamin A: 753.36IU (15.07%), Vitamin B1: 0.22mg (14.93%), Potassium: 487.09mg (13.92%), Phosphorus: 136.01mg (13.6%), Vitamin B3: 2.7mg (13.52%), Vitamin B2: 0.23mg (13.35%), Vitamin B6: 0.26mg (13.22%), Vitamin C: 9.52mg (11.53%), Iron: 2.04mg (11.35%), Copper: 0.22mg (10.99%), Fiber: 2.49g (9.98%), Vitamin B5: 0.9mg (8.99%), Magnesium: 33.85mg (8.46%), Zinc: 1.21mg (8.06%), Folate: 29.65µg (7.41%), Calcium: 57.95mg (5.79%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.35µg (2.35%)