



Rice Croquettes

READY IN



55 min.

SERVINGS



1

CALORIES



1994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups japanese breadcrumbs divided (panko)
- ☐ 3 large eggs
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup parmesan cheese shredded
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.3 cups mahatma extra enriched rice long grain white
- ☐ 0.5 teaspoon salt
- ☐ 1 serving vegetable oil

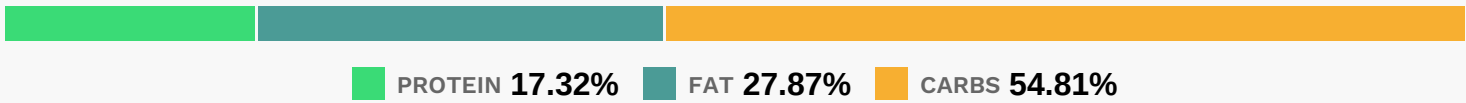
Equipment

☐ dutch oven

Directions

- ☐ Bring 2 2/3 cups water to a boil over medium-high heat; add rice and salt. Cover, reduce heat to low, and simmer 20 minutes or until liquid is absorbed and rice is tender.
- ☐ Let cool 10 minutes.
- ☐ Stir together rice, 1/2 cup breadcrumbs, and next 5 ingredients.
- ☐ Shape rice mixture into 18 (1/4-cup) balls. Dredge in remaining 1 cup breadcrumbs.
- ☐ Pour oil to a depth of 3 inches into a Dutch oven.
- ☐ Heat oil to 350 over medium-high heat. Fry rice balls, in batches, 2 to 2 1/2 minutes on each side or until golden brown.
- ☐ Drain.

Nutrition Facts



Properties

Glycemic Index:220.19, Glycemic Load:120, Inflammation Score:-9, Nutrition Score:52.507391380227%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1993.99kcal (99.7%), Fat: 60.57g (93.18%), Saturated Fat: 24.79g (154.91%), Carbohydrates: 268.03g (89.34%), Net Carbohydrates: 260.39g (94.69%), Sugar: 7.28g (8.09%), Cholesterol: 626mg (208.67%), Sodium: 3649.74mg (158.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.67g (169.35%), Manganese: 3.8mg (189.97%), Selenium: 128.97µg (184.24%), Calcium: 1519.43mg (151.94%), Phosphorus: 1431.58mg (143.16%), Vitamin B2: 1.51mg (88.78%), Vitamin B1: 1.15mg (76.69%), Zinc: 8.76mg (58.41%), Vitamin B5: 5.79mg (57.91%), Iron: 10.05mg (55.85%), Vitamin B3: 10.37mg (51.85%), Vitamin K: 52.37µg (49.88%), Folate: 196.51µg (49.13%), Copper: 0.95mg (47.54%), Vitamin B12: 2.85µg (47.5%), Vitamin B6: 0.91mg (45.29%), Magnesium: 167.42mg (41.85%), Vitamin A:

1807.74IU (36.15%), Fiber: 7.64g (30.55%), Vitamin D: 3.5µg (23.33%), Potassium: 796.43mg (22.76%), Vitamin E: 3.33mg (22.19%), Vitamin C: 1.66mg (2.01%)