



Riz Isle Brevelle

READY IN



45 min.

SERVINGS



9

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 1.5 cups cracker crumbs
- ☐ 2 egg yolks
- ☐ 5 egg yolks beaten
- ☐ 1.5 teaspoons onion juice
- ☐ 1.5 tablespoons milk
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup regular rice uncooked

- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1.5 tablespoons sugar
- ☐ 1.5 cups sacramento tomato juice
- ☐ 9 servings vegetable oil
- ☐ 2.5 cups water

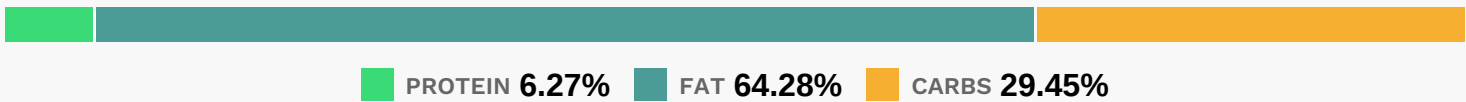
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a large saucepan; add rice and salt. Boil 10 minutes; drain.
- ☐ Combine next 4 ingredients; stir into rice. Cook over low heat 10 minutes.
- ☐ Remove from heat; add butter and onion juice. Stir in 5 egg yolks and cheese, mixing well. Cook over low heat 3 minutes.
- ☐ Remove from heat; cool. Shape into croquettes.
- ☐ Combine 2 egg yolks and milk, beating well. Dip croquettes into egg mixture; dredge in cracker crumbs, coating well.
- ☐ Chill croquettes 1 hour. Fry in 1 inch of hot oil (37
- ☐ until golden brown.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:28.85, Glycemic Load:9.36, Inflammation Score:-4, Nutrition Score:8.2321739818739%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 314.39kcal (15.72%), Fat: 22.59g (34.75%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 22.68g (8.25%), Sugar: 4.48g (4.98%), Cholesterol: 152.95mg (50.98%), Sodium: 478.17mg (20.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin K: 31.87µg (30.36%), Selenium: 11.4µg (16.28%), Vitamin E: 2.08mg (13.9%), Manganese: 0.26mg (13.21%), Phosphorus: 120.69mg (12.07%), Vitamin A: 486.22IU (9.72%), Folate: 37.16µg (9.29%), Vitamin C: 7.44mg (9.02%), Vitamin B2: 0.13mg (7.71%), Vitamin B5: 0.73mg (7.31%), Vitamin B1: 0.1mg (6.73%), Vitamin B6: 0.13mg (6.44%), Iron: 1.14mg (6.36%), Calcium: 62.73mg (6.27%), Vitamin D: 0.79µg (5.28%), Vitamin B12: 0.31µg (5.19%), Vitamin B3: 1.02mg (5.08%), Copper: 0.09mg (4.69%), Zinc: 0.7mg (4.68%), Potassium: 146.39mg (4.18%), Magnesium: 12.61mg (3.15%), Fiber: 0.61g (2.42%)