



Round 2 - Ham and Cheese Croquettes

READY IN



15 min.

SERVINGS



12

CALORIES



265 kcal

SIDE DISH

Ingredients

- 1 cup baking mix
- 2 cups canola oil for frying
- 12 servings reserved cheddar from ham and cheese spirals recipe chopped
- 12 servings reserved deli ham from ham and cheese spirals recipe chopped
- 1 large eggs beaten
- 2 teaspoons thyme leaves fresh chopped
- 12 servings kosher salt and pepper black freshly ground
- 0.3 cup milk
- 0.5 medium onion chopped

1 cup panko bread crumbs

Equipment

bowl

frying pan

paper towels

whisk

baking pan

Directions

Watch how to make this recipe.

In a large bowl add the baking mix, the milk and the egg and whisk to combine. Stir in the ham, cheese, onion, and thyme, and season with salt and pepper, to taste.

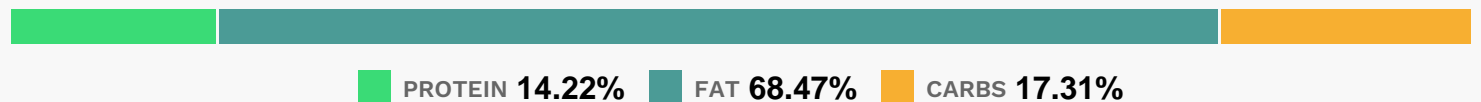
In a high sided skillet over medium-high heat, add the oil and heat it to 365 degrees F.

In a shallow baking dish or pie plate spread out the bread crumbs and season with salt and pepper, to taste. Using a small cookie scoop or tablespoon measure, scoop out rounds of dough and drop them into the bread crumbs.

Roll the dough around to coat them completely. Drop the croquettes, 5 or 6 at a time, into the hot oil and fry until deep golden brown, about 3 minutes.

Remove from the oil and drain on brown paper or paper towels. Arrange them on a serving platter and serve warm.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:7.3030434432237%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 264.81kcal (13.24%), Fat: 20.21g (31.09%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 10.92g (3.97%), Sugar: 2.03g (2.25%), Cholesterol: 46.93mg (15.64%), Sodium: 380.35mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.89%), Calcium: 250.65mg (25.07%), Phosphorus: 221.51mg (22.15%), Selenium: 12.13µg (17.33%), Vitamin B2: 0.23mg (13.38%), Vitamin E: 1.6mg (10.67%), Zinc: 1.35mg (8.98%), Vitamin B1: 0.13mg (8.5%), Vitamin B12: 0.45µg (7.42%), Vitamin A: 348.21IU (6.96%), Vitamin K: 7.23µg (6.89%), Folate: 27.18µg (6.79%), Manganese: 0.11mg (5.44%), Vitamin B3: 0.87mg (4.34%), Iron: 0.73mg (4.03%), Magnesium: 15.21mg (3.8%), Vitamin B5: 0.34mg (3.36%), Vitamin B6: 0.06mg (2.76%), Copper: 0.05mg (2.34%), Fiber: 0.58g (2.34%), Vitamin D: 0.33µg (2.17%), Potassium: 75.49mg (2.16%), Vitamin C: 0.9mg (1.09%)