



## Salmon and Potato Croquettes with Creamy Romesco Dip



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup cultured coconut milk plain unsweetened
- ☐ 2 large eggs
- ☐ 2 tablespoons flat parsley chopped
- ☐ 1 garlic clove peeled
- ☐ 1 teaspoon hot sauce
- ☐ 4 dashes hot sauce or to taste
- ☐ 1 onion small to medium finely minced grated (or )

- ☐ 1.5 cups squeezed potato grated (place into paper towels and tablespoon to remove excess moisture)
- ☐ 0.3 cup roasted and cashews salted
- ☐ 1 roasted pepper diced whole red seeded
- ☐ 7 ounces grams salmon skinless drained canned
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon thyme leaves
- ☐ 30 servings vegetable oil for frying
- ☐ 8 ounces grams water chestnuts drained finely chopped canned

## Equipment

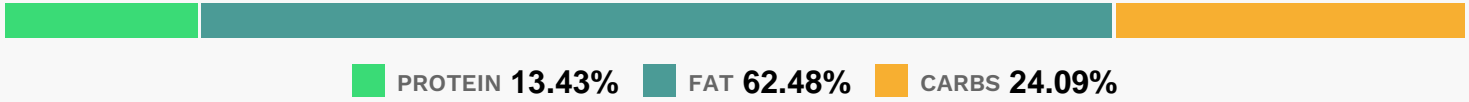
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ice cream scoop

## Directions

- ☐ Mix all ingredients together in a bowl, except the extra crumbs. Allow to rest 30 minutes to absorb liquids.
- ☐ Roll mixture in a ball or patty, using a teaspoon or large ice cream scoop depending on the size you want. Squeeze mixture together to hold its shape and roll into extra bread crumbs.
- ☐ Place in a preheated skillet with 1/2-inch of oil in pan. Cook to a golden brown on both sides.
- ☐ Place on a baking sheet and finish baking for 20 minutes in a preheated 350°F oven. (This can be made ahead and placed in the refrigerator uncooked, covered until ready to shape.) This can be baked ahead of time and frozen in one layer then when frozen, pop into freezer bags for easy storage, up to 2 months.
- ☐ Place on a baking sheet frozen and baked for 30 min to warm through.

- ☐ Place nuts into a food processor or blender, grind to a fine crumb.
- ☐ Add the pepper, garlic and seasonings, continue to blend to a smooth consistency. Stir in the yogurt.
- ☐ Scrape into a decorative bowl.

# Nutrition Facts



## Properties

Glycemic Index:10.49, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:3.1578260686087%

## Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 68.88kcal (3.44%), Fat: 4.9g (7.53%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.59g (1.31%), Sugar: 0.6g (0.67%), Cholesterol: 16.04mg (5.35%), Sodium: 115.57mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin K: 10.17µg (9.69%), Vitamin B6: 0.12mg (6.1%), Selenium: 3.72µg (5.32%), Vitamin C: 3.7mg (4.49%), Vitamin B12: 0.24µg (4%), Copper: 0.08mg (4%), Manganese: 0.08mg (3.94%), Phosphorus: 39mg (3.9%), Vitamin B3: 0.73mg (3.66%), Potassium: 119.53mg (3.42%), Vitamin B2: 0.05mg (3%), Iron: 0.54mg (2.99%), Magnesium: 10.82mg (2.7%), Fiber: 0.66g (2.63%), Vitamin B5: 0.24mg (2.36%), Vitamin E: 0.34mg (2.25%), Vitamin B1: 0.03mg (2.11%), Folate: 8.24µg (2.06%), Zinc: 0.26mg (1.73%), Vitamin A: 53.22IU (1.06%)