



 1%  
HEALTH SCORE

## Sardine Croquettes (Croquetas De Sardinas)

READY IN



45 min.

SERVINGS



14

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 can sardines canned drained chopped
- 2 cups cassava frozen (I used )
- 4 tablespoons parmesan grated
- 2 egg yolk beaten
- 2 egg whites
- 2 teaspoons double-acting baking powder
- 1 cup breadcrumbs plain
- 0.1 cup cilantro leaves minced
- 14 servings cooking oil for frying

14 servings salt and pepper to taste

## Equipment

frying pan

paper towels

pot

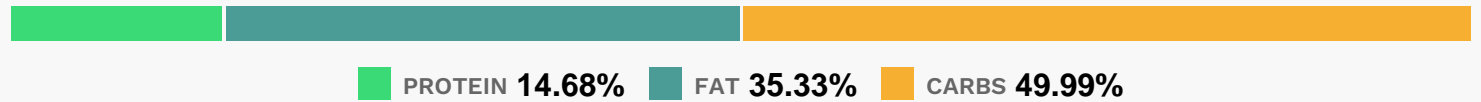
## Directions

I used frozen cassava because it is a time saver! So no judging. In a pot with salted water cook the cassava also known as in Spanish yuca until fork tender. Once the cassava is cooked thoroughly, mash it till smooth. Then add in the sardines, cheese, egg yolks, baking powder, salt, pepper, and cilantro/parsley, mix well. Preheat oil in frying pan. With wet hands start forming balls with the sardine batter, dip it in the egg whites then roll it in the bread crumbs, use all the batter. Fry corquettes till golden brown on all sides.

Let it rest on a double-lined paper towel to remove excess oil.

Serve with ketchup.

## Nutrition Facts



## Properties

Glycemic Index:15.16, Glycemic Load:6.69, Inflammation Score:-2, Nutrition Score:5.7891304347826%

## Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Taste

Sweetness: 12.87%, Saltiness: 47.64%, Sourness: 9.39%, Bitterness: 4.57%, Savoriness: 28.44%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 137.32kcal (6.87%), Fat: 5.37g (8.26%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 16.2g (5.89%), Sugar: 1.04g (1.15%), Cholesterol: 41.42mg (13.81%), Sodium: 373.66mg (16.25%), Protein: 5.02g (10.03%), Vitamin B12: 0.9µg (14.94%), Selenium: 9.48µg (13.54%), Calcium: 107.26mg (10.73%), Manganese: 0.2mg (9.84%), Phosphorus: 97.6mg (9.76%), Vitamin B1: 0.11mg (7.51%), Vitamin C: 6.1mg (7.39%),

Vitamin B3: 1.24mg (6.21%), Vitamin B2: 0.1mg (6.05%), Vitamin E: 0.81mg (5.38%), Folate: 21.21µg (5.3%), Iron: 0.87mg (4.81%), Potassium: 142.32mg (4.07%), Vitamin D: 0.57µg (3.83%), Vitamin K: 3.78µg (3.6%), Magnesium: 14.4mg (3.6%), Fiber: 0.88g (3.53%), Copper: 0.07mg (3.48%), Vitamin B6: 0.06mg (3.04%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.22mg (2.24%), Vitamin A: 71.35IU (1.43%)