



## Summer Squash Croquettes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

### Ingredients

- 1 tablespoon canola oil divided
- 2 large eggs
- 0.5 cup green onions chopped
- 0.5 teaspoon salt
- 1 cup saltines crushed ( 30 crackers)
- 0.5 teaspoon sugar
- 0.3 cup cornmeal yellow
- 1.3 pounds baby squash yellow coarsely chopped

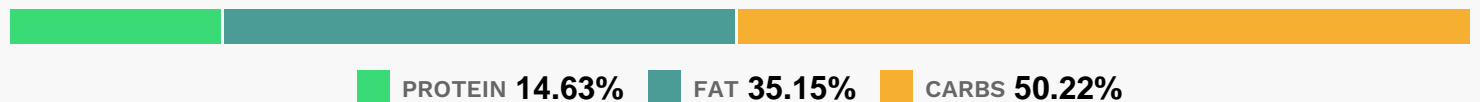
## Equipment

- frying pan
- sieve

## Directions

- Steam squash and 1/2 cup onions, covered, 15 minutes or until tender.
- Drain well. Mash mixture with a fork. Stir in crackers and next 3 ingredients (through eggs). Cover and chill for 3 hours; drain well in a fine mesh strainer.
- Place cornmeal in a shallow dish. Divide squash mixture into 12 equal portions, shaping each portion into a 1/2-inch-thick patty. Lightly coat each patty with cooking spray.
- Heat 1 teaspoon canola oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Place 4 patties in pan; cook 1 1/2 minutes on each side or until golden.
- Remove patties from pan. Repeat procedure 2 times with remaining 2 teaspoons oil and 8 patties.
- Garnish with onions, if desired.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:33.77, Glycemic Load:3.92, Inflammation Score:-5, Nutrition Score:9.3713043254355%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 137.74kcal (6.89%), Fat: 5.5g (8.47%), Saturated Fat: 1g (6.25%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 15.49g (5.63%), Sugar: 2.92g (3.25%), Cholesterol: 62mg (20.67%), Sodium: 330.73mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin K: 24.78µg (23.6%), Vitamin C: 17.63mg

(21.37%), Vitamin B2: 0.28mg (16.47%), Manganese: 0.32mg (16.21%), Folate: 58.46µg (14.61%), Vitamin B6: 0.29mg (14.43%), Vitamin B1: 0.16mg (10.56%), Selenium: 6.96µg (9.94%), Phosphorus: 98.8mg (9.88%), Potassium: 332.7mg (9.51%), Iron: 1.6mg (8.86%), Fiber: 2.21g (8.82%), Magnesium: 29.51mg (7.38%), Vitamin A: 362.2IU (7.24%), Vitamin B3: 1.43mg (7.16%), Vitamin E: 0.9mg (6.01%), Zinc: 0.81mg (5.39%), Vitamin B5: 0.5mg (5.03%), Copper: 0.1mg (4.98%), Calcium: 32.25mg (3.22%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.33µg (2.22%)