



WHATSheATE



Sunday Brunch: Thanksgiving Leftover Croquettes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



2493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart canola oil
- ☐ 4 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 2 cups panko bread crumbs
- ☐ 2.5 cups potatoes mashed
- ☐ 1 cup deli turkey leftover roughly chopped

☐ 0.5 cup roasted cranberry sauce

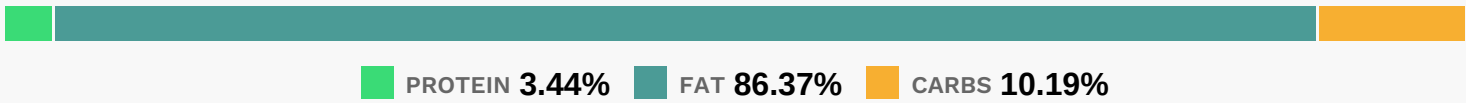
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok
- ☐ dutch oven

Directions

- ☐ Combine mashed potatoes, 1 beaten egg, flour, and pinch of salt in medium bowl and mix until thoroughly combined. In separate bowl mix cranberry sauce and chopped turkey.
- ☐ Take 1/3 cup of mashed potato mixture and make cup in your hands, place 1 heaping tablespoon of turkey cranberry mixture in mashed potato cup and seal potato around it. Repeat with remaining ingredients making 8 large croquettes.
- ☐ Beat remaining 3 eggs in pie plate. Dip croquettes one at a time in egg, followed by breadcrumbs. Repeat until all croquettes are breaded.
- ☐ Heat oil in 12-inch non-stick skillet, wok, or Dutch oven to 350°F. Fry croquettes in batches, making sure not to crowd the pan.
- ☐ Drain on paper towels, season with salt, and serve hot.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:18.86, Inflammation Score:-7, Nutrition Score:26.113912976306%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin:

0.94mg, Myricetin: 0.94mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 2492.91kcal (124.65%), Fat: 242.98g (373.82%), Saturated Fat: 19.31g (120.72%), Carbohydrates: 64.5g (21.5%), Net Carbohydrates: 59.78g (21.74%), Sugar: 15.19g (16.88%), Cholesterol: 182.61mg (60.87%), Sodium: 1190.6mg (51.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.55%), Vitamin E: 42.23mg (281.53%), Vitamin K: 173.79µg (165.52%), Phosphorus: 354.1mg (35.41%), Selenium: 22.87µg (32.68%), Vitamin C: 26.21mg (31.77%), Vitamin B1: 0.45mg (29.83%), Manganese: 0.54mg (26.8%), Vitamin B6: 0.5mg (25.24%), Iron: 4.22mg (23.44%), Potassium: 807.19mg (23.06%), Vitamin B2: 0.39mg (22.93%), Copper: 0.41mg (20.62%), Folate: 80.99µg (20.25%), Fiber: 4.72g (18.9%), Vitamin B3: 3.66mg (18.31%), Magnesium: 65.87mg (16.47%), Zinc: 1.93mg (12.86%), Vitamin B5: 1.25mg (12.45%), Calcium: 103.53mg (10.35%), Vitamin B12: 0.5µg (8.28%), Vitamin D: 0.88µg (5.87%), Vitamin A: 254.93IU (5.1%)