



Tarama Croquettes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups breadcrumbs made from bread fresh french crustless
- ☐ 12 ounces inch cubes day-old bread french crustless
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 6 green onions coarsely chopped
- ☐ 6 servings lemon wedges
- ☐ 6 servings olive oil for frying
- ☐ 2 small russet potatoes peeled cut into 1-inch pieces

- ☐ 6 servings safflower oil for frying
- ☐ 0.5 cup milk whole
- ☐ 0.3 cup tarama (pale orange carp roe; 4 ounces)

Equipment

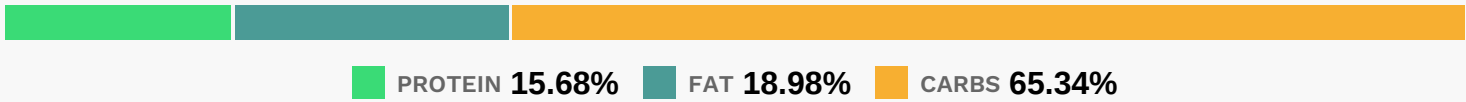
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen thermometer

Directions

- ☐ Cook potatoes in large saucepan of boiling salted water until tender, about 15 minutes.
- ☐ Drain. Return to saucepan; mash.
- ☐ Combine bread cubes, green onions, 1/2 cup milk, and tarama in processor. Process until smooth paste forms.
- ☐ Transfer mixture to bowl.
- ☐ Add 1 whole egg and 1 cup mashed potatoes (reserve any remaining potato for another use); stir to blend well. Cover and refrigerate at least 4 hours and up to 1 day.
- ☐ Lightly beat egg whites and remaining 2 tablespoons milk in medium bowl to blend.
- ☐ Place breadcrumbs on plate. Form 2 tablespoons tarama mixture into ball; press to flatten slightly. Dip into egg-white mixture, then coat on both sides with breadcrumbs. Repeat with remaining tarama mixture.
- ☐ Pour equal amounts olive oil and safflower oil into heavy large saucepan to reach depth of 1 inch. Attach deep-fry thermometer to side of saucepan and heat oil over medium-high heat to 350°F. Working in batches, add tarama croquettes to skillet and fry until golden brown, about 3 minutes per side.
- ☐ Transfer to paper towels to drain.
- ☐ Transfer croquettes to platter.
- ☐ Serve hot, passing lemon wedges separately.

* Available at Greek markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:56.68, Glycemic Load:53.67, Inflammation Score:-7, Nutrition Score:29.178260720294%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 589.43kcal (29.47%), Fat: 12.47g (19.19%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 96.61g (32.2%), Net Carbohydrates: 88.29g (32.11%), Sugar: 12.7g (14.12%), Cholesterol: 33.44mg (11.15%), Sodium: 870.37mg (37.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.35%), Manganese: 2.2mg (110.06%), Selenium: 55.9µg (79.85%), Vitamin B1: 0.8mg (53.1%), Vitamin B3: 10.5mg (52.5%), Folate: 171.82µg (42.96%), Iron: 7.15mg (39.73%), Vitamin B2: 0.59mg (34.58%), Vitamin K: 36.22µg (34.5%), Fiber: 8.32g (33.27%), Phosphorus: 301.59mg (30.16%), Calcium: 269.48mg (26.95%), Magnesium: 92.91mg (23.23%), Vitamin B6: 0.43mg (21.55%), Vitamin B5: 1.87mg (18.66%), Copper: 0.34mg (17.05%), Potassium: 595.6mg (17.02%), Zinc: 2.23mg (14.89%), Vitamin C: 11.69mg (14.16%), Vitamin E: 0.99mg (6.62%), Vitamin A: 224.37IU (4.49%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.39µg (2.6%)