



Turkey Croquettes

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups breadcrumbs
- ☐ 1 large eggs
- ☐ 4 tablespoons olive oil as needed
- ☐ 2 cups potatoes mashed
- ☐ 2 cups rotisserie chicken cut cooked chopped
- ☐ 2 cups pepperidge farm sage and onion stuffing stuffing
- ☐ 24 servings campbell's turkey gravy
- ☐ 2 tablespoons water

☐ 24 servings roasted cranberry sauce

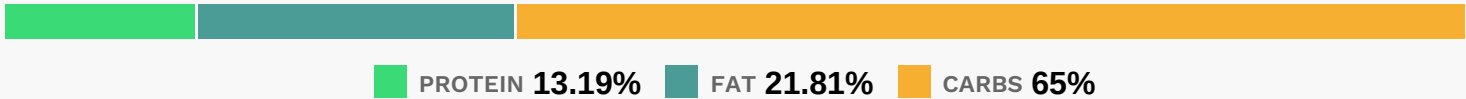
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a small sauté pan over moderate heat, toast the bread crumbs until golden and crunchy, 3 to 4 minutes.
- ☐ Transfer to a small bowl and let cool.
- ☐ In a small bowl, beat together the egg and water.
- ☐ In a large bowl, combine the mashed potatoes, stuffing, and turkey. Using your hands or a spoon, shape the mixture into 2-inch-long, oblong-shaped croquettes (you should have about 24 croquettes) and transfer to a large rimmed baking sheet.
- ☐ Working with 1 croquette at a time, dredge them in the egg-water mixture, letting the excess drip off, then dredge them in the bread crumbs, and return them to the rimmed baking sheet.
- ☐ Bake the frozen croquettes on a large baking sheet in a 475°F oven until golden brown, about 10 minutes.
- ☐ Remove the croquettes from the oven for about 5 minutes to let the interiors thaw, then return them to the oven to finish baking for another 2 minutes.
- ☐ Serve hot with cranberry sauce and/or warm gravy.

Nutrition Facts



Properties

Glycemic Index:3.49, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:4.7917391593042%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 250.13kcal (12.51%), Fat: 6.19g (9.52%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 39.46g (14.35%), Sugar: 23.33g (25.93%), Cholesterol: 26.68mg (8.89%), Sodium: 226.32mg (9.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Selenium: 11.54µg (16.49%), Manganese: 0.18mg (9.01%), Vitamin B1: 0.14mg (9%), Vitamin E: 1.25mg (8.34%), Fiber: 2.04g (8.17%), Iron: 1.09mg (6.05%), Vitamin B3: 1.1mg (5.49%), Vitamin K: 5.6µg (5.33%), Folate: 20.61µg (5.15%), Vitamin C: 4.15mg (5.03%), Vitamin B2: 0.08mg (4.94%), Vitamin B6: 0.08mg (4.13%), Phosphorus: 38.75mg (3.87%), Copper: 0.07mg (3.69%), Potassium: 126.15mg (3.6%), Magnesium: 11.56mg (2.89%), Calcium: 27.23mg (2.72%), Vitamin A: 93.17IU (1.86%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.15mg (1.47%)