



Turkey Croquettes with Mushroom-Rosemary Gravy

READY IN



35 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs italian
- ☐ 3 tablespoons butter
- ☐ 1 rib celery chopped
- ☐ 3 cups chicken stock see
- ☐ 12 cremini mushrooms thinly sliced
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 sprigs rosemary fresh finely chopped

- ☐ 1 clove garlic
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 0.5 small onion
- ☐ 3 sprigs parsley
- ☐ 1 cup potatoes leftover mashed
- ☐ 2 teaspoons poultry seasoning
- ☐ 0.3 small bell pepper red chopped
- ☐ 0.5 cup romano grated
- ☐ 8 servings salt and pepper
- ☐ 1 cup turkey meat dark white cooked chopped

Equipment

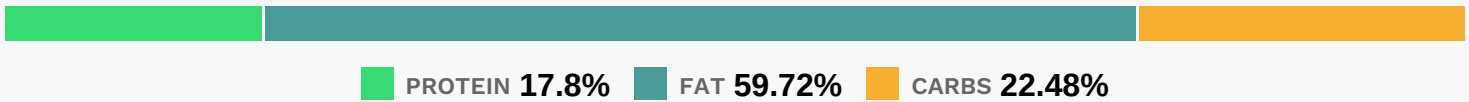
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ ice cream scoop

Directions

- ☐ Place the garlic, onion, celery and red bell pepper in food processor and pulse to fine chop.
- ☐ Add turkey, potatoes, egg, salt, pepper, poultry seasoning, and parsley leaves then pulse to process and combine the mixture.
- ☐ Remove bowl from base and blade from the bowl. In a medium mixing bowl combine the turkey mixture with 3/4 cup bread crumbs.
- ☐ Heat a small skillet over medium heat with 2 tablespoons butter and 1 tablespoon oil. When butter melts add the mushrooms and cook until dark and tender, 5 to 6 minutes. Season the mushrooms with salt and pepper and add rosemary to the pan.
- ☐ Sprinkle the flour over the mushrooms and cook a minute.
- ☐ Whisk in the stock, bring to a bubble and thicken, 5 minutes, over medium-low heat.

- ☐
- Preheat a nonstick skillet with 3 tablespoons extra-virgin olive oil over medium heat.
- ☐
- Use a conical or round ice cream scoop to form 8 croquettes.
- ☐
- Combine cheese and remaining 1/4 cup of bread crumbs on a plate. Coat the croquettes in cheese and bread crumbs and saute in hot oil until deeply golden all over, 5 to 6 minutes for each batch.
- ☐
- Remove and drain on paper towels.
- ☐
- Serve the croquettes with rosemary gravy poured down over them.

Nutrition Facts



Properties

Glycemic Index:48.59, Glycemic Load:4.63, Inflammation Score:-4, Nutrition Score:10.625652287317%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 242.07kcal (12.1%), Fat: 16.25g (25.01%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.54g (4.56%), Sugar: 3.68g (4.09%), Cholesterol: 52.67mg (17.56%), Sodium: 480.93mg (20.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.8%), Selenium: 17.23µg (24.62%), Vitamin B3: 4.6mg (23.01%), Vitamin B2: 0.34mg (19.75%), Phosphorus: 176.22mg (17.62%), Vitamin K: 17.2µg (16.38%), Vitamin B6: 0.32mg (16.12%), Copper: 0.26mg (12.97%), Potassium: 435.99mg (12.46%), Vitamin C: 9.47mg (11.48%), Calcium: 93.95mg (9.39%), Vitamin E: 1.31mg (8.75%), Vitamin B5: 0.83mg (8.29%), Vitamin B1: 0.12mg (8.06%), Folate: 31.25µg (7.81%), Manganese: 0.16mg (7.79%), Zinc: 1.16mg (7.71%), Iron: 1.25mg (6.94%), Vitamin A: 336.13IU (6.72%), Vitamin B12: 0.37µg (6.25%), Magnesium: 24.1mg (6.03%), Fiber: 1.22g (4.86%), Vitamin D: 0.21µg (1.38%)