



Wine and Ham Croquettes

READY IN



45 min.

SERVINGS



30

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 tablespoons all purpose flour
- ☐ 0.3 cup butter ()
- ☐ 0.8 cup cooking wine dry white
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon ground nutmeg generous ()
- ☐ 6 tablespoons low-salt chicken broth
- ☐ 5 tablespoons olive oil
- ☐ 30 servings additional olive oil for frying

- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 cup serrano ham finely chopped
- ☐ 6 tablespoons milk whole

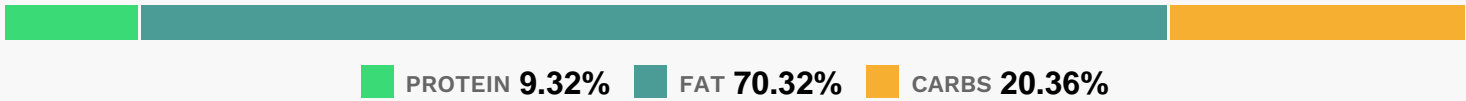
Equipment

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

Directions

- ☐ Melt butter with 5 tablespoons oil in heavy large saucepan over medium heat.
- ☐ Add flour; stir 3 minutes. Gradually stir in wine, broth, milk, and nutmeg. Stir until mixture thickens, about 45 seconds.
- ☐ Add ham and parsley; cook until mixture is thick, stirring frequently, about 5 minutes. Season with salt and pepper. Cool completely, stirring occasionally.
- ☐ Spread ham mixture on plate. Refrigerate at least 2 hours and up to 4 hours.
- ☐ Place beaten eggs and panko in separate medium bowls. Shape ham mixture into 1-inch balls. Dip balls in egg, then coat with panko.
- ☐ Heat enough oil to come 1/2 inch up sides of pan in heavy medium skillet over medium-high heat.
- ☐ Add half of croquettes and fry until golden brown, turning occasionally, about 2 minutes.
- ☐ Transfer to paper towels to drain. Repeat with remaining croquettes.
- ☐ Transfer to platter.
- ☐ * Available at Asian markets and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:2.116956550142%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 101.15kcal (5.06%), Fat: 7.64g (11.76%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.48g (0.53%), Cholesterol: 18.35mg (6.12%), Sodium: 104.46mg (4.54%), Alcohol: 0.62g (100%), Alcohol %: 1.82% (100%), Protein: 2.28g (4.56%), Vitamin K: 7.91µg (7.53%), Vitamin E: 0.83mg (5.51%), Selenium: 2.88µg (4.11%), Vitamin B1: 0.06mg (4%), Manganese: 0.06mg (3.05%), Vitamin B2: 0.05mg (2.9%), Folate: 10.5µg (2.62%), Iron: 0.46mg (2.55%), Vitamin B3: 0.46mg (2.28%), Phosphorus: 21.28mg (2.13%), Vitamin A: 92.61IU (1.85%), Calcium: 14.78mg (1.48%), Vitamin B12: 0.07µg (1.1%), Fiber: 0.25g (1.01%)