



## Ybor City Crab Croquettes

READY IN



45 min.

SERVINGS



36

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 bay leaves
- ☐ 1 pound claw crab meat flaked drained
- ☐ 3 cups cracker crumbs
- ☐ 6 eggs beaten
- ☐ 36 servings croquette dough
- ☐ 1.5 cups flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 1.5 cups milk

- ☐ 3 small onions finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon bell pepper red hot finely chopped
- ☐ 1.8 teaspoons salt divided
- ☐ 0.5 teaspoon sugar
- ☐ 6 ounce tomato paste canned
- ☐ 0.3 cup vegetable oil
- ☐ 36 servings additional vegetable oil

## Equipment

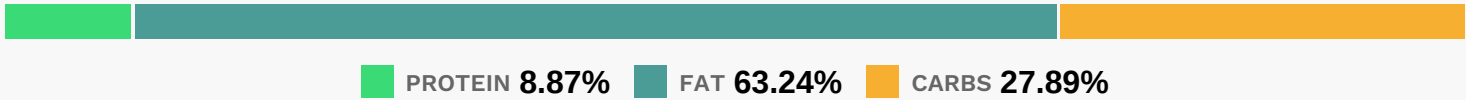
- ☐ frying pan
- ☐ mixing bowl

## Directions

- ☐ Prepare Croquette Dough. Refrigerate 2 hours.
- ☐ Saut onion, garlic, green pepper, and red pepper in 1/4 cup plus 1 tablespoon oil in a large heavy skillet 15 minutes. Stir in tomato paste, bay leaves, 1 teaspoon salt, and sugar. Cover and simmer 15 minutes over low heat.
- ☐ Add crab meat; cover and simmer an additional 10 minutes.
- ☐ Remove from heat.
- ☐ Transfer mixture to a medium mixing bowl.
- ☐ Remove and discard bay leaves. Cover and refrigerate 2 hours.
- ☐ Shape Croquette Dough into 36 two-inch balls. Press each ball into a 4-inch circle.
- ☐ Place 1 tablespoon chilled crab meat mixture in center of each circle. Fold dough around crab meat mixture to form boat-shaped croquette, sealing edges.
- ☐ Combine eggs, milk, remaining salt, and pepper in a large mixing bowl; beat well.
- ☐ Combine cracker crumbs and flour in a large mixing bowl; stir well. Dip each croquette in egg mixture; dredge in cracker crumb mixture. Repeat dipping and dredging procedure to heavily coat croquettes. Cover and refrigerate 2 hours.
- ☐ Fry croquettes, a few at a time, in deep hot oil (37

- ☐ until golden brown.
- ☐ Drain well.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:10.84, Glycemic Load:7.01, Inflammation Score:-3, Nutrition Score:8.3321739642516%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 269.74kcal (13.49%), Fat: 18.99g (29.21%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 17.99g (6.54%), Sugar: 1.54g (1.71%), Cholesterol: 33.79mg (11.26%), Sodium: 375.23mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.99%), Vitamin K: 32.04µg (30.51%), Vitamin B12: 1.25µg (20.9%), Selenium: 13.56µg (19.37%), Vitamin B1: 0.19mg (12.53%), Vitamin E: 1.61mg (10.76%), Folate: 40.86µg (10.21%), Vitamin B2: 0.16mg (9.52%), Manganese: 0.19mg (9.34%), Phosphorus: 90.1mg (9.01%), Copper: 0.17mg (8.4%), Vitamin B3: 1.56mg (7.79%), Iron: 1.37mg (7.63%), Zinc: 1.08mg (7.18%), Vitamin C: 3.69mg (4.48%), Magnesium: 15.09mg (3.77%), Calcium: 36.93mg (3.69%), Vitamin B6: 0.07mg (3.6%), Fiber: 0.86g (3.42%), Vitamin B5: 0.32mg (3.18%), Potassium: 104.5mg (2.99%), Vitamin D: 0.26µg (1.72%), Vitamin A: 81.76IU (1.64%)