



Yummylicious Japanese Beef Croquettes

READY IN



30 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 2 eggs beaten
- 10 servings flour all-purpose for coating
- 0.8 pound ground beef
- 4 teaspoons soya sauce light
- 0.5 cup oil for frying
- 3 onions chopped
- 10 servings panko bread crumbs
- 3 medium russet potatoes peeled chopped

1 tablespoon vegetable oil

Equipment

bowl

frying pan

pot

potato masher

wok

Directions

Add potatoes to a large pot of salted water, and bring to a boil; cook until tender, about 15 minutes.

Drain, pour potatoes into a large bowl. Stir in butter, and mash with a fork or potato masher. Set aside.

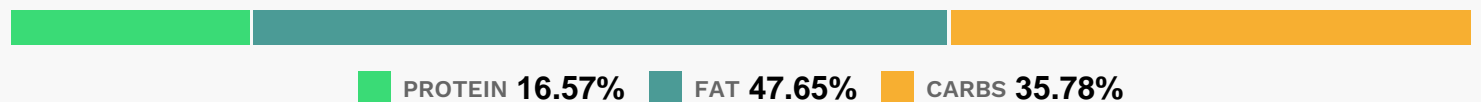
Heat 1 tablespoon oil in a large skillet over medium heat. Stir in onions, and cook until soft. Stir in beef and soy sauce. Cook, stirring continuously, until beef is browned and all the liquid is evaporated.

Combine beef and onions with potatoes, and stir well.

Heat 1/2 cup oil in a deep skillet or wok over medium-high heat.

Shape potato and beef mixture into 10 similar-size balls, and flatten into patties. Dredge patties in flour. Then dip in egg, and coat with panko bread crumbs. Carefully place patties into oil, and fry until golden brown on each side.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:13.92, Inflammation Score:-4, Nutrition Score:8.767391194468%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg,

Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 237.23kcal (11.86%), Fat: 12.59g (19.37%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 19.61g (7.13%), Sugar: 1.95g (2.17%), Cholesterol: 59.9mg (19.97%), Sodium: 190.34mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.71%), Vitamin B6: 0.39mg (19.71%), Selenium: 11.05µg (15.79%), Vitamin B3: 2.75mg (13.74%), Vitamin B12: 0.81µg (13.54%), Phosphorus: 129.1mg (12.91%), Potassium: 434.05mg (12.4%), Zinc: 1.86mg (12.37%), Manganese: 0.22mg (11.05%), Iron: 1.89mg (10.48%), Vitamin B1: 0.16mg (10.38%), Vitamin B2: 0.17mg (9.75%), Folate: 37µg (9.25%), Vitamin C: 6.08mg (7.37%), Magnesium: 27.9mg (6.98%), Fiber: 1.66g (6.63%), Copper: 0.12mg (6.12%), Vitamin K: 6.21µg (5.91%), Vitamin B5: 0.59mg (5.88%), Vitamin E: 0.79mg (5.24%), Calcium: 30.72mg (3.07%), Vitamin A: 83.81IU (1.68%), Vitamin D: 0.21µg (1.4%)