

Sauerkraut Balls II

Bill Mahon

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 100 balls

4 tablespoons butter
1 medium onion, chopped
1 1/3 cups chopped ham
1/2 clove garlic, minced
4 tablespoons all-purpose flour
1/2 cup chicken broth
3 cups sauerkraut, drained and chopped
1 tablespoon parsley, chopped
2 1/2 cups all-purpose flour
1 egg
2 cups milk
1/2 loaf soft bread crumbs, crusts trimmed and crumbed

In a large skillet, saute' the onion in butter until golden brown and tender. Stir in the ham and garlic. Brown slightly. Blend in four tablespoons of flour, stirring until smooth.

Gradually stir in the broth, sauerkraut and parsley. Mix thoroughly. Cook for a few more minutes until the mixture resembles a croquette mixture. Remove from the heat. Spoon into a large, flat pan to cool.

When cooled, shape into balls about one-inch in diameter.

In a small bowl, beat the egg and milk together. Dip the balls into the flour and then into the egg and milk mixture and, finally, into the breadcrumbs. Deep fry until golden brown.

Serve hot.

Per Serving (excluding unknown items): 2736 Calories; 108g Fat (35.7% calories from fat); 100g Protein; 338g Carbohydrate; 30g Dietary Fiber; 494mg Cholesterol; 8514mg Sodium. Exchanges: 18 Grain(Starch); 5 1/2 Lean Meat; 7 1/2 Vegetable; 2 Non-Fat Milk; 17 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2736	Vitamin B6 (mg):	2.1mg
% Calories from Fat:	35.7%	Vitamin B12 (mcg):	3.9mcg
% Calories from Carbohydrates:	49.6%	Thiamin B1 (mg):	4.2mg
% Calories from Protein:	14.7%	Riboflavin B2 (mg):	3.3mg

Total Fat (g): 108g
Saturated Fat (g): 53g
Monounsaturated Fat (g): 38g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 494mg
Carbohydrate (g): 338g
Dietary Fiber (g): 30g
Protein (g): 100g
Sodium (mg): 8514mg
Potassium (mg): 3251mg
Calcium (mg): 958mg
Iron (mg): 31mg
Zinc (mg): 10mg
Vitamin C (mg): 125mg
Vitamin A (i.u.): 2915IU
Vitamin A (r.e.): 718 1/2RE

Folacin (mcg): 795mcg
Niacin (mg): 30mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 18
Lean Meat: 5 1/2
Vegetable: 7 1/2
Fruit: 0
Non-Fat Milk: 2
Fat: 17
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2736 **Calories from Fat:** 977

% Daily Values*

Total Fat	108g	167%
Saturated Fat	53g	266%
Cholesterol	494mg	165%
Sodium	8514mg	355%
Total Carbohydrates	338g	113%
Dietary Fiber	30g	118%
Protein	100g	
Vitamin A		58%
Vitamin C		208%
Calcium		96%
Iron		171%

* Percent Daily Values are based on a 2000 calorie diet.