

# Potato Croquettes II

50 Antipasti  
Food Network Magazine

1 1/2 pounds russet potatoes, peeled  
2 tablespoons butter  
2 tablespoons milk  
2 eggs, lightly beaten  
1 cup mozzarella cheese, grated  
1/2 cup Parmesan cheese  
salt (to taste)  
pepper (to taste)  
flour (for dredging)  
breadcrumbs (for dredging)  
2 inches vegetable oil  
marinara sauce

In a saucepan, cook the potatoes in boiling water until tender, about 20 minutes.

Drain the potatoes . Add the butter and milk. Mash. Let cool.

In a bowl, mix in the eggs, mozzarella, Parmesan, salt and pepper.

Form the potatoes into twenty-four small logs. Dredge the logs in flour, dip in the beaten egg mixture, and roll in breadcrumbs.

Refrigerate for 30 minutes.

Working in batches, fry in a skillet in two inches of vegetable oil (350 degrees) until golden, about 4 minutes.

Serve with marinara sauce.

Per Serving (excluding unknown items): 5306 Calories; 511g Fat (85.3% calories from fat); 69g Protein; 129g Carbohydrate; 11g Dietary Fiber; 623mg Cholesterol; 1645mg Sodium. Exchanges: 8 Grain(Starch); 7 1/2 Lean Meat; 0 Non-Fat Milk; 97 1/2 Fat.

## Appetizers

### Per Serving Nutritional Analysis

|                                |       |                     |        |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal):               | 5306  | Vitamin B6 (mg):    | 1.9mg  |
| % Calories from Fat:           | 85.3% | Vitamin B12 (mcg):  | 2.8mcg |
| % Calories from Carbohydrates: | 9.6%  | Thiamin B1 (mg):    | .6mg   |
| % Calories from Protein:       | 5.1%  | Riboflavin B2 (mg): | 1.1mg  |

**Total Fat (g):** 511g  
**Saturated Fat (g):** 94g  
**Monounsaturated Fat (g):** 280g  
**Polyunsaturated Fat (g):** 96g  
**Cholesterol (mg):** 623mg  
**Carbohydrate (g):** 129g  
**Dietary Fiber (g):** 11g  
**Protein (g):** 69g  
**Sodium (mg):** 1645mg  
**Potassium (mg):** 4013mg  
**Calcium (mg):** 1345mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 134mg  
**Vitamin A (i.u.):** 2699IU  
**Vitamin A (r.e.):** 758RE

**Folacin (mcg):** 150mcg  
**Niacin (mg):** 10mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

**Grain (Starch):** 8  
**Lean Meat:** 7 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 97 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 5306 Calories from Fat: 4526

### % Daily Values\*

|                            |        |      |
|----------------------------|--------|------|
| <b>Total Fat</b>           | 511g   | 785% |
| Saturated Fat              | 94g    | 469% |
| <b>Cholesterol</b>         | 623mg  | 208% |
| <b>Sodium</b>              | 1645mg | 69%  |
| <b>Total Carbohydrates</b> | 129g   | 43%  |
| Dietary Fiber              | 11g    | 44%  |
| <b>Protein</b>             | 69g    |      |
| <b>Vitamin A</b>           |        | 54%  |
| <b>Vitamin C</b>           |        | 224% |
| <b>Calcium</b>             |        | 135% |
| <b>Iron</b>                |        | 42%  |

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