



Krispy Tuna Croquettes

Kellogg's

Preparation Time: 50 minutes

Servings: 8

Ingredients

2 cans (7 oz.) tuna
2 1/2 cups Krispy Sunshine Krispy® Original
1 tsp grated onion
1 tsp grated lemon rind
1/8 tsp salt
3 Tbs butter or margarine
1/4 cup flour
1 cup milk
2 eggs separated
1 can (10 1/2 oz.) cream of celery soup
1/2 soup can of milk
1/2 cup chopped walnuts

Directions

1. Flake tuna very fine. In a medium bowl, combine flaked tuna, 1 1/2 cups of the crackers crumbs, grated onion, lemon rind and salt.
2. In a small saucepan, heat butter or margarine. Stir in the combined flour and milk. Cook, stirring, over low heat until mixture boils and is very thick. Remove from heat.
3. Beat in egg yolks. Pour sauce into tuna mixture. Blend and chill for at least 2 hours.
4. Heat fat or oil (enough to make 2 inches of fat in a large skillet) to 390°F mark on deep fat thermometer, or until hot enough to brown a 1-inch cube of bread in 20 seconds.
5. Shape tuna mixture into 8 cones or balls. Beat egg whites until frothy. Dip croquettes into remaining crumbs, then into egg whites, then into crumbs again. Fry until golden brown (about 2 minutes).
6. To make walnut sauce for the croquettes, combine 1 can of soup, milk and walnuts. Stir over low heat until mixture is blended.

Nutrition Facts	
Serving Size 1 Croquette (189g)	
Servings Per Container 8	
Amount Per Serving	
Calories 280 Calories from Fat 130	
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 4.5g	23%
Cholesterol 80mg	27%
Sodium 740mg	31%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 17g	
Vitamin A 10%	Vitamin C 2%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	