

Bacon-Cheese Croquettes

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4 tablespoons butter
1/3 cup flour
1 1/2 cups whole milk
8 slices cooked bacon slices, chopped
1/2 cup manchego, grated
1 scallion, chopped
pinch salt
pinch nutmeg
flour (for dredging)
beaten eggs (for dredging)
panko breadcrumbs (for dredging)
vegetable oil (for frying)

In a saucepan, melt the butter. Whisk in the flour until smooth. Whisk in the milk. Cook, whisking, for 5 minutes.

Add the bacon, manchego, scallion, salt and nutmeg. Chill.

Form the mixture into two-inch logs.

Roll the logs in the flour. Dredge in the eggs. Roll in the panko breadcrumbs.

Fry the logs in 360 degree vegetable oil for 3 minutes.

Per Serving (excluding unknown items): 786 Calories; 59g Fat (66.4% calories from fat); 17g Protein; 50g Carbohydrate; 2g Dietary Fiber; 174mg Cholesterol; 651mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 1 1/2 Non-Fat Milk; 11 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	786	Vitamin B6 (mg):	.2mg
% Calories from Fat:	66.4%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	25.0%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	8.6%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	59g	Folacin (mcg):	40mcg
Saturated Fat (g):	36g	Niacin (mg):	3mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	174mg	% Refuse:	0.0%
Carbohydrate (g):	50g		
Dietary Fiber (g):	2g		

Food Exchanges

Grain (Starch): 2

Protein (g): 17g
Sodium (mg): 651mg
Potassium (mg): 655mg
Calcium (mg): 468mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 2253IU
Vitamin A (r.e.): 574RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1 1/2
Fat: 11 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 786 **Calories from Fat:** 522

% Daily Values*

Total Fat 59g	90%
Saturated Fat 36g	181%
Cholesterol 174mg	58%
Sodium 651mg	27%
Total Carbohydrates 50g	17%
Dietary Fiber 2g	6%
Protein 17g	
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Vitamin A	45%
Vitamin C	10%
Calcium	47%
Iron	13%

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