

# Potato Croquettes

*Southern Living - 1987 Annual Recipes*

## Servings: 8

4 cups cooked mashed potatoes  
2 eggs, beaten  
2 to 4 tablespoons buttermilk  
3 tablespoons fresh chives, chopped  
1 teaspoon salt  
1/4 teaspoon white pepper  
1 1/2 cups (about 40) round buttery cracker crumbs, crushed  
1/4 cup butter or margarine, melted  
1/2 teaspoon paprika  
chives (optional)

Preheat the oven to 375 degrees.

In a bowl, combine the potatoes, eggs, buttermilk, chives, salt and pepper. Mix well. Divide the mixture into eight portions. Shape the portions into croquettes. Roll each croquette in cracker crumbs.

Place the croquettes on a lightly greased 15x10x1-inch jellyroll pan. Cover and refrigerate up to twenty-four hours.

Combine the butter and paprika. Drizzle over the croquettes.

Bake for 20 to 25 minutes or until golden.

Garnish the croquettes with chives, if desired.

*Potato croquettes may be frozen. To bake, place the frozen croquettes on a greased baking sheet. Combine the butter and paprika and drizzle over the croquettes. Bake at 375 degrees for 35 minutes or until golden.*

Per Serving (excluding unknown items): 95 Calories; 8g Fat (71.0% calories from fat); 4g Protein; 3g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 407mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	95
% Calories from Fat:	71.0%
% Calories from Carbohydrates:	13.4%
% Calories from Protein:	15.5%
Total Fat (g):	8g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg

Polyunsaturated Fat (g): trace  
 Cholesterol (mg): 71mg  
 Carbohydrate (g): 3g  
 Dietary Fiber (g): trace  
 Protein (g): 4g  
 Sodium (mg): 407mg  
 Potassium (mg): 118mg  
 Calcium (mg): 83mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 1mg  
 Vitamin A (i.u.): 434IU  
 Vitamin A (r.e.): 89 1/2RE

Alcohol (kcal): 0  
 % Daily Value: 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 95 Calories from Fat: 68

### % Daily Values\*

<b>Total Fat</b>	8g	12%
Saturated Fat	4g	22%
<b>Cholesterol</b>	71mg	24%
<b>Sodium</b>	407mg	17%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	0%
<b>Protein</b>	4g	
<b>Vitamin A</b>		9%
<b>Vitamin C</b>		2%
<b>Calcium</b>		8%
<b>Iron</b>		2%

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