

Best Homemade Italian Potato Croquettes

Yield: 20 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/the-recipe-for-italian-potato-patties>

Ingredients:

- 1 1/2 pounds potatoes riced, or mashed
- 1 egg slightly beaten, room temperature
- 1/2 cup Pecorino Romano cheese grated, about 25 grams
- 1 tablespoon parsley finely chopped
- salt
- pepper
- 1/4 cup flour
- 2 eggs slightly beaten
- 1 tablespoon water
- 3/8 cup breadcrumbs
- 6 teaspoons olive oil separated

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 40 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 135 milligrams
9. Sugar: 1 grams

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