

Croquetas de Pavo

Ingredientes:

- 1 1/4 libras de carne de pavo molida
- 1 taza de migajas de pan
- 1 huevo
- 1/4 taza de cebolla verde picada
- 1 cucharada de mostaza preparada
- 1/2 taza de caldo de pollo
- Aceite en aerosol

Instrucciones:

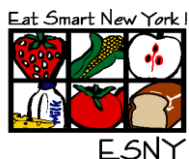
1. Mezcle la carne de pavo molida, migajas de pan, huevo, cebollas y mostaza en un tazón grande. Forme 4 pastelitos, más o menos de 1/2 pulgada de grueso.
2. Engrase una sartén grande con el aceite en aerosol. Agregue los pastelitos y cocine, volteando una vez para dorar el otro lado. Cocine hasta obtener un color café-dorado por fuera y blanco por dentro, unos 10 minutos. Saque del fuego.
3. Agregue el caldo de pollo a la sartén y caliente a fuego algo hasta que se espese ligeramente el caldo, más o menos 1 ó 2 minutos. Sirva la salsa sobre los pastelitos.
4. Sirva sobre pan.

Rinde: 4 porciones (Tamano de Servido: 1 pastelillo)

Fuente:

Adapted from: Quick and Healthy Meals, Tips and Tools for Planning Meals for Your Family, Cuyahoga County, Ohio State University Extension, Last Modified: Oct 22, 2008

Nutrition Facts			
Serving Size 1 patty, 1/4 of recipe (222g)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	340	Calories from Fat	130
% Daily Value *			
Total Fat	15g		23%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	165mg		55%
Sodium	440mg		18%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	30g		
Vitamin A	2%	Vitamin C	6%
Calcium	8%	Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	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
38% calories from fat			
special notes			



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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