

HUNGER KNOW MORE

Healthy Body. Healthy Mind. Healthy Spirit.

Keto Salmon Croquettes



Servings: 6

Tips: You can also substitute tuna or canned chicken in this recipe. It will affect nutritionals.

Ingredients

5 oz. canned salmon
1 cup mozzarella cheese, shredded
4 oz. pork rinds, crushed
2 large eggs
salt and pepper
Coconut oil cooking spray

Directions

Drain Salmon.
Crush the pork rinds into crumbs in a food processor.
Add mozzarella and pulse until combined.
Add the salmon, eggs, and salt and pepper and pulse until combined.
Make 6 croquettes.
Add to a skillet that has been sprayed with cooking spray.
Fry the croquettes for a few minutes on each side until golden brown.
Serve.

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 225	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 10 g	50 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 173 mg	58 %
Sodium 670 mg	28 %
Potassium 72 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 11 g	23 %
Vitamin A	58 %
Vitamin C	0 %
Calcium	119 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	