Panko Potato Croquettes
1 box Edward & Sons Organic Mashed Potatoes
3 oz. Edward & Sons Organic Panko
2-3 Tbsp vegetable oil

Prepare a box of Home Style or Roasted Garlic Edward & Sons Organic Mashed Potatoes (or other mashed potatoes) as directed and let cool. Pour Panko on to dinner plate. Scoop mashed potatoes and pat into shape of croquette or small burger. Put croquette on plate with the Panko and pat gently to coat underside. Turn over and coat the second side. Heat oil in a frying pan. Add croquettes to frying pan and cook on both sides until golden brown. Serve and enjoy!

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ORGANIC PANKO

JAPANESE STYLE BREADCRUMBS

For Tempura, Croquettes... and More

NET WT 10.5 OZ 298g

Nutrition Facts

About 10 servings per container
Serving Size 1/3 cup (30g)

Calories per serving 110

Amount/serving	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%

Amount/serving	% Daily Value*
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g of Added Sugars	0%
Protein 4g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 63mg 1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Produced in a facility which handles sesame seeds and soy.

Ingredients: Organic Wheat Flour, Yeast, Salt, Organic Expeller-Pressed Palm Oil*.
*Certified sustainable palm oil to protect forests and wildlife.

Edward & Sons Trading Co., Inc.
PO Box 1326, Carpinteria, CA 93014 USA
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Certified organic by QAI Product of Israel M60_18