



# LACROQUETERIA

Authentic Spanish bechamel croquettes.

[www.lacroqueteria.com.au](http://www.lacroqueteria.com.au)

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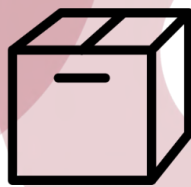
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- Slow cooked béchamel filling combined with fresh ingredients, coated in fine breadcrumbs.
- Handcrafted in the traditional Spanish way and blast-frozen.
- No preservatives, thickeners, artificial colours or flavours added. Truly artisan croquetas.
- 12 months self life from production date.
- Direct from the producer.
- Perfect tapa for sharing plates, entrée or side.
- Distinctive addition to your current product range.
- Environmentally responsible packaging.
- Convenient and easy to cook, ready in minutes.



Box 12 pcs 395g  
Approx. 33g per pc  
(30g - 36g)



Outer box:  
260 x 260 x 260  
12 trays same recipe



Deep frying or shallow frying in vegetable oil at 180 C for 3 - 4 min. Straight from the freezer or thawed. Air-frying for approx. 13 min. at 180 C\*  
\*Time and temp. depend on air fryer model

## Our recipes

Jamón

Bacalao

Mushroom & Blue Cheese

Chorizo

Leek & Parmesan

Goat Cheese & Jalapeño

Calamari in Squid Ink

## Chorizo

### Ingredients:

Whole milk, butter, wheat flour, chorizo (15%) (pork, smoked paprika, salt, garlic, oregano), breadcrumbs (wheat flour, water, salt, yeast) pasteurised free-range egg, salt.

Allergens: gluten, milk, egg.



Nutritional Values		
Serving size: 33g		
Servings per package:		
	Average qty per serving	Average qty per 100g
Energy	306KJ	918KJ
Protein	3.2g	9.5g
Fat, total	3.9g	11.8g
- saturated	2.8g	8.3g
Carbohydrate	6.3g	18.9g
- sugars	0.9g	2.7g
Sodium	78mg	234mg

## Leek & Parmesan

### Ingredients:

Whole milk, butter, wheat flour, leek (10%), breadcrumbs (wheat flour, water, salt, yeast), parmesan cheese (5%), pasteurised free-range egg, salt.

Allergens: gluten, milk, egg.



Nutritional Values		
Serving size: 33g		
Servings per package:		
	Average qty per serving	Average qty per 100g
Energy	302KJ	907KJ
Protein	2.5g	7.4g
Fat, total	4.1g	12.2g
- saturated	3.1g	9.2g
Carbohydrate	6.5g	19.4g
- sugars	0.8g	2.3g
Sodium	79mg	238mg

## Goat Cheese & Jalapeño

### Ingredients:

Whole milk, butter, wheat flour, goat cheese (9%) (pasteurised goat's milk, milk protein, salt, micro rennet, live cultures), breadcrumbs (wheat flour, water, salt, yeast), jalapeño peppers (5%), pasteurised free-range egg, salt.

Allergens: gluten, milk, egg.



Nutritional Values		
Serving size: 33g		
Servings per package:		
	Average qty per serving	Average qty per 100g
Energy	285KJ	855KJ
Protein	2.1g	6.4g
Fat, total	3.6g	10.8g
- saturated	2.6g	7.8g
Carbohydrate	6.8g	20.5g
- sugars	1.0g	3.1g
Sodium	135mg	406mg

## Bacalao

### Ingredients:

Whole milk, butter, wheat flour, bacalao (15%) (molva molva), onion, breadcrumbs (wheat flour, water, salt, yeast), pasteurised free-range egg, parsley, garlic, salt.

Allergens: gluten, milk, egg, fish.



Nutritional Values		
Serving size: 33g		
Servings per package:		
	Average qty per serving	Average qty per 100g
Energy	266KJ	799KJ
Protein	2.3g	6.8g
Fat, total	3.4g	10.2g
- saturated	3.0g	9.1g
Carbohydrate	6.0g	18.1g
- sugars	0.8g	2.4g
Sodium	171mg	513mg

## Jamón

### Ingredients:

Whole milk, butter, wheat flour, serrano ham (13%), (pork, salt, potassium nitrate), breadcrumbs (wheat flour, water, salt, yeast), pasteurised free-range egg, salt.

Allergens: gluten, milk, egg.



Nutritional Values		
Serving size: 33g		
Servings per package:		
	Average qty per serving	Average qty per 100g
Energy	326KJ	977KJ
Protein	4.2g	12.7g
Fat, total	4.4g	13.1g
- saturated	3.2g	9.5g
Carbohydrate	5.5g	16.4g
- sugars	0.7g	2.2g
Sodium	80mg	241mg

## Mushroom & Blue Cheese

### Ingredients:

Whole milk, butter, wheat flour, mushroom (9%) (slippery jack, cloud ear, oyster, shiitake), onion, breadcrumbs (wheat flour, water, salt, yeast), blue cheese (5%), pasteurised free-range egg, salt, garlic.

Allergens: gluten, milk, egg.



Nutritional Values		
Serving size: 33g		
Servings per package:		
	Average qty per serving	Average qty per 100g
Energy	333KJ	1000KJ
Protein	2.5g	7.5g
Fat, total	4.4g	13.3g
- saturated	3.3g	9.9g
Carbohydrate	7.4g	22.3g
- sugars	0.5g	1.6g
Sodium	14mg	432mg

## Calamari in Squid Ink

### Ingredients:

Whole milk, butter, wheat flour, squid (13%), onion, breadcrumbs (wheat flour, water, salt, yeast), pasteurised free-range egg, squid ink, salt, garlic, white pepper.

Allergens: gluten, milk, egg, mollusc.



Nutritional Values		
Serving size: 33g		
Servings per package:		
	Average qty per serving	Average qty per 100g
Energy	213KJ	638KJ
Protein	2.1g	6.4g
Fat, total	2.8g	8.3g
- saturated	2.1g	6.2g
Carbohydrate	4.3g	13.0g
- sugars	0.9g	2.7g
Sodium	119mg	356mg