



Anchovy Fritters: Alici in Polpette

READY IN



40 min.

SERVINGS



30

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds anchovy fillets whole
- ☐ 1 tablespoon torn bread cubes fresh lightly toasted
- ☐ 2 eggs
- ☐ 30 servings flour for dredging
- ☐ 1 bunch parsley fresh roughly chopped
- ☐ 1 garlic clove sliced
- ☐ 2 lemons sliced for garnish
- ☐ 30 servings olive oil for frying extra-virgin
- ☐ 2.5 tablespoons pinenuts toasted

- ☐ 2.5 tablespoons raisins
- ☐ 3 tablespoons peocrino romano freshly grated for garnish
- ☐ 3 medium old russet potatoes boiled peeled mashed
- ☐ 30 servings salt and pepper black freshly ground

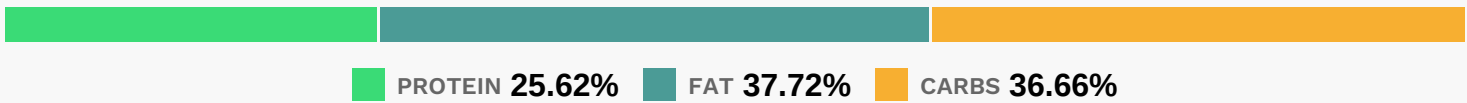
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Roughly chop the anchovy fillets. In a medium-sized bowl, combine the eggs, bread, cheese, raisins, and pine nuts.
- ☐ Add the crushed garlic and parsley, the mashed potatoes and anchovy. Season, to taste, with salt and pepper. Using a large spoon, form the mixture into fritters about 2-inches in diameter. Dredge in flour.
- ☐ Fill a deep pot no more than halfway with extra-virgin olive oil.
- ☐ Heat oil over medium-high heat until it reaches a temperature of 360 to 375 degrees F. The oil should remain at or around this temperature throughout the cooking process. Working in small batches of 6, carefully lift the anchovy balls and place them in the hot oil. Fry the fritters until golden brown. Using a slotted spoon or spatula, remove the finished fritters to a plate lined with paper towels.
- ☐ Drain on paper towels as they cook. Continue this process until all the fritters are cooked.
- ☐ Sprinkle with cheese and serve hot with sliced lemons for squeezing.

Nutrition Facts



Properties

Glycemic Index:14.12, Glycemic Load:7.99, Inflammation Score:-4, Nutrition Score:8.579565241285%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 128.45kcal (6.42%), Fat: 5.41g (8.32%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 10.92g (3.97%), Sugar: 0.42g (0.47%), Cholesterol: 29.58mg (9.86%), Sodium: 46.83mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.53%), Vitamin K: 33.94µg (32.32%), Vitamin B3: 5.02mg (25.09%), Selenium: 14.84µg (21.2%), Manganese: 0.21mg (10.44%), Iron: 1.85mg (10.3%), Vitamin C: 7.66mg (9.29%), Phosphorus: 90.97mg (9.1%), Vitamin B2: 0.15mg (8.57%), Potassium: 255.34mg (7.3%), Vitamin B1: 0.11mg (7.04%), Vitamin B6: 0.14mg (6.91%), Folate: 25.28µg (6.32%), Calcium: 61.55mg (6.16%), Copper: 0.12mg (6.07%), Magnesium: 23.89mg (5.97%), Zinc: 0.77mg (5.16%), Vitamin E: 0.72mg (4.79%), Vitamin A: 195.7IU (3.91%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.22µg (3.65%), Fiber: 0.91g (3.63%)