



Arancine with Sardines

READY IN



300 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arborio rice
- ☐ 0.5 cup breadcrumbs for coating
- ☐ 3 cups chicken stock see
- ☐ 2 eggs plus eggs separated
- ☐ 0.3 cup flour for dusting
- ☐ 2 sprigs mint leaves
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings olive oil for frying extra-virgin
- ☐ 1 cup pecorino grated

- ☐ 1 onion red chopped
- ☐ 1 pinch saffron threads
- ☐ 8 ounces sardines salted rinsed roughly chopped

Equipment

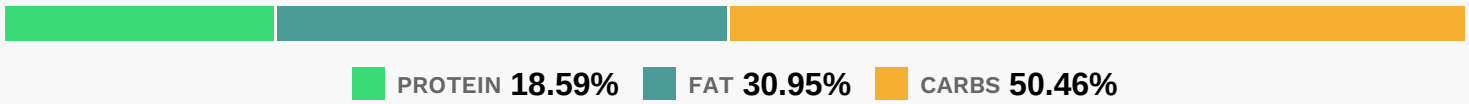
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ tongs

Directions

- ☐ To make the rice: In a 4 to 6-quart saucepan, heat 2 tablespoons olive oil until just smoking.
- ☐ Add half the chopped red onion and saffron, and cook until softened, about 7 to 9 minutes.
- ☐ Add rice and chicken stock, and bring to boil, uncovered. Cook until liquid is absorbed and rice is tender, about 25 minutes.
- ☐ Spread rice out to cool on a large cookie sheet, about 1/4-inch to 1/2-inch thick. When rice is cool, mix with the Pecorino, 2 eggs, and 2 egg yolks, and set aside
- ☐ To make the stuffing: In a 10 to 12-inch saute pan, cook the remaining chopped onion in 2 tablespoons olive oil until light golden brown, about 10 minutes.
- ☐ Add the tomato sauce, chopped sardines, and mint, and cook 5 to 7 minutes until reduced by one third and quite thick. Set aside and allow to cool.
- ☐ Place the flour for dusting, egg whites, and breadcrumbs in 3 separate shallow bowls and lightly beat egg whites. To form arancine, place 3 tablespoons rice mixture in palm of hand and make an indentation with the back of a spoon. Spoon 2 tablespoons sardine mixture into indentation and form an open bowl out of the rice in your hand. Cover filled portion with another tablespoon of rice mixture and using both hands, shape the rice into a ball. Continue with remaining rice mixture and stuffing until done.
- ☐ Roll each ball in flour, then egg whites, then breadcrumbs and refrigerate 1 hour, uncovered.

- ☐ Heat 4 inches of cooking oil in fryer or deep frying pan to 375 F degrees. Carefully place 3balls at a time into pan and fry until golden brown, about 3 to 4 minutes, stirring with tongs or kitchen spoon to keep them moving.
- ☐ Drained cooked balls on paper towels and place on large platter and serve either warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:67.74, Inflammation Score:-8, Nutrition Score:37.123043713362%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 848.73kcal (42.44%), Fat: 28.6g (43.99%), Saturated Fat: 8.09g (50.58%), Carbohydrates: 104.9g (34.97%), Net Carbohydrates: 100.77g (36.64%), Sugar: 5.13g (5.7%), Cholesterol: 193.75mg (64.58%), Sodium: 864.15mg (37.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.64g (77.28%), Selenium: 65.51µg (93.58%), Vitamin B12: 5.59µg (93.2%), Folate: 292.31µg (73.08%), Phosphorus: 694.07mg (69.41%), Manganese: 1.33mg (66.58%), Vitamin B1: 0.9mg (59.76%), Vitamin B3: 11.36mg (56.81%), Calcium: 536.84mg (53.68%), Iron: 8mg (44.42%), Vitamin B2: 0.62mg (36.74%), Copper: 0.49mg (24.7%), Vitamin B6: 0.49mg (24.38%), Vitamin B5: 2.24mg (22.39%), Zinc: 3.33mg (22.18%), Vitamin D: 3.29µg (21.91%), Vitamin E: 2.93mg (19.54%), Magnesium: 75.91mg (18.98%), Potassium: 620.08mg (17.72%), Fiber: 4.13g (16.51%), Vitamin K: 9.37µg (8.93%), Vitamin A: 311.04IU (6.22%), Vitamin C: 2.56mg (3.11%)