



Arancini

READY IN



150 min.

SERVINGS



16

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup arborio rice
- 1.5 cups breadcrumbs
- 2 large eggs
- 2 ounces fontina shredded
- 2 tablespoons parsley fresh chopped
- 16 servings kosher salt
- 3 cups chicken broth low-sodium
- 0.5 cup parmesan cheese grated
- 2 tablespoons pinenuts toasted

- 2 ounces mozzarella cheese shredded
- 16 servings vegetable oil for frying

Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- kitchen thermometer
- slotted spoon

Directions

- Bring the broth and 1/4 teaspoon salt to a boil in a medium saucepan over medium-high heat. Stir in the rice, reduce the heat to low and simmer until tender, about 20 minutes.
- Spread on a parchment-lined baking sheet and let cool completely.
- Combine the pine nuts, mozzarella, fontina and parsley in a bowl; set aside.
- Beat the eggs in a large bowl, then stir in the cooled rice, the parmesan and 2/3 cup breadcrumbs. Shape the mixture into sixteen 1 1/2-inch balls.
- Put the remaining breadcrumbs in a shallow bowl. Press your finger into the center of each rice ball, insert 2 teaspoons of the mozzarella mixture, then pinch the rice around the filling to enclose.
- Roll the balls in the breadcrumbs and place on a parchment-lined baking sheet. Loosely cover and refrigerate, at least 1 hour or overnight. (If refrigerating overnight, roll in more breadcrumbs before frying.)
- Heat 1/2 inch vegetable oil in a large saucepan over medium heat until a deep-fry thermometer registers 350 degrees F. Working in batches, fry the rice balls, turning, until golden brown on all sides, about 4 minutes.
- Remove with a slotted spoon and drain on paper towels; season with salt.
- Photograph by Anna Williams

Nutrition Facts



■ PROTEIN 15.49% ■ FAT 41.41% ■ CARBS 43.1%

Properties

Glycemic Index:10.5, Glycemic Load:7.87, Inflammation Score:-3, Nutrition Score:6.5404347725537%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 171.68kcal (8.58%), Fat: 7.89g (12.14%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 17.6g (6.4%), Sugar: 0.85g (0.95%), Cholesterol: 32.88mg (10.96%), Sodium: 395.74mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Manganese: 0.34mg (17%), Vitamin K: 14.94µg (14.23%), Selenium: 8.58µg (12.25%), Vitamin B1: 0.18mg (11.91%), Folate: 44.48µg (11.12%), Phosphorus: 106.33mg (10.63%), Vitamin B3: 1.87mg (9.35%), Calcium: 90.19mg (9.02%), Iron: 1.36mg (7.56%), Vitamin B2: 0.12mg (7.06%), Zinc: 0.86mg (5.72%), Vitamin B12: 0.32µg (5.3%), Copper: 0.1mg (4.95%), Magnesium: 14.11mg (3.53%), Vitamin B5: 0.35mg (3.49%), Fiber: 0.87g (3.47%), Vitamin A: 159.57IU (3.19%), Vitamin E: 0.46mg (3.04%), Vitamin B6: 0.06mg (2.85%), Potassium: 97.01mg (2.77%), Vitamin D: 0.18µg (1.17%)