



## Arancini

READY IN



55 min.

SERVINGS



18

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup arborio rice uncooked
- 2.5 cups chicken stock see boiling
- 1 cup bread crumbs dry
- 0.5 cup cooking wine dry white
- 1 eggs
- 0.5 cup flour all-purpose
- 1 clove garlic crushed
- 2 ounces ham finely chopped
- 1 tablespoon milk

- 4 ounces mozzarella cheese cut into 3/4 inch cubes
- 1 tablespoon olive oil
- 1 small onion finely chopped
- 0.5 cup parmesan cheese finely grated
- 0.5 cup peas green frozen
- 18 servings salt and pepper to taste
- 1 cup vegetable oil for deep frying

## Equipment

- bowl
- paper towels
- sauce pan
- oven
- whisk

## Directions

- Heat the olive oil in a large saucepan over medium heat.
- Add onion and garlic, and cook, stirring until onion is soft but not browned.
- Pour in the rice, and cook stirring for 2 minutes, then stir in the wine, and continue cooking and stirring until the liquid has evaporated.
- Add hot chicken stock to the rice 1/3 cup at a time, stirring and cooking until the liquid has evaporated before adding more.
- When the chicken stock has all been added, and the liquid has evaporated, stir in the peas and ham. Season with salt and pepper.
- Remove from the heat, and stir in the Parmesan cheese.
- Transfer the risotto to a bowl, and allow to cool slightly.
- Stir the beaten egg into the risotto. In a small bowl, whisk together the remaining egg and milk with a fork. For each ball, roll 2 tablespoons of the risotto into a ball. Press a piece of the mozzarella cheese into the center, and roll to enclose. Coat lightly with flour, dip into the milk mixture, then roll in bread crumbs to coat.

Heat oil for frying in a deep-fryer or large deep saucepan to 350 degrees F (175 degrees C). Fry the balls in small batches until evenly golden, turning as needed.

Drain on paper towels. Keep warm in a low oven while the rest are frying.

## Nutrition Facts

**PROTEIN 15.33%** **FAT 38.78%** **CARBS 45.89%**

### Properties

Glycemic Index:18.8, Glycemic Load:9.2, Inflammation Score:-3, Nutrition Score:5.7973913446717%

### Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

### Nutrients (% of daily need)

Calories: 169.18kcal (8.46%), Fat: 7g (10.78%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 17.68g (6.43%), Sugar: 1.48g (1.65%), Cholesterol: 19.54mg (6.51%), Sodium: 415.58mg (18.07%), Alcohol: 0.69g (100%), Alcohol %: 0.89% (100%), Protein: 6.23g (12.46%), Vitamin B1: 0.2mg (13.06%), Selenium: 8.75µg (12.5%), Manganese: 0.23mg (11.6%), Folate: 45.39µg (11.35%), Phosphorus: 92.47mg (9.25%), Vitamin B3: 1.84mg (9.18%), Vitamin B2: 0.13mg (7.6%), Calcium: 74.75mg (7.47%), Iron: 1.2mg (6.64%), Vitamin K: 6.64µg (6.33%), Zinc: 0.76mg (5.06%), Vitamin B6: 0.09mg (4.31%), Vitamin B12: 0.25µg (4.14%), Fiber: 0.97g (3.9%), Copper: 0.08mg (3.87%), Magnesium: 12.89mg (3.22%), Potassium: 103.41mg (2.95%), Vitamin B5: 0.28mg (2.77%), Vitamin E: 0.4mg (2.64%), Vitamin C: 2.02mg (2.45%), Vitamin A: 113.07IU (2.26%)