

## Cannoli di Ricotta

READY IN



90 min.

SERVINGS



4

CALORIES



3030 kcal

DESSERT

### Ingredients

- 2 quarts canola oil for frying
- 0.3 cup tiny chocolate chips
- 0.3 teaspoon cinnamon
- 1 egg white lightly beaten
- 1.5 cups flour
- 4 lemon zest
- 3 tablespoons plum brandy
- 1 pound cow's milk ricotta drained
- 0.5 cup caster sugar

- 1 teaspoon sugar
- 4 servings caster sugar for sprinkling
- 8 cups sugar
- 2 tablespoons butter unsalted
- 1 teaspoon cocoa powder unsweetened
- 1 tablespoon vanilla
- 5 cups water

## Equipment

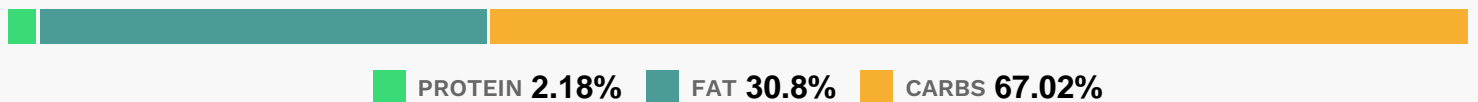
- bowl
- paper towels
- sauce pan
- mixing bowl
- wire rack
- pot
- cookie cutter
- rolling pin
- slotted spoon
- pastry bag
- pastry cutter

## Directions

- In a large bowl, combine the flour, cinnamon, sugar, and cocoa powder and cut in the butter with 2 knives or a pastry cutter, until the mixture resembles coarse crumbs.
- Add the Marsala and shape the dough into a ball. Wrap the dough in plastic and refrigerate. In a 3 1/2-quart pot, heat the canola oil to 350 degrees F. In a mixing bowl, stir together the ricotta, sugar, vanilla, orange zest and chocolate chips until well-mixed. Spoon into a pastry bag with an open tip and place in the refrigerator.
- Remove the dough from the refrigerator and divide into 4 pieces.

- Roll one piece onto a flat surface with a rolling pin to a 1/16-inch thickness. Using a cookie cutter, cut 4-inch circles from the dough. Using the rolling pin, roll each circle into an oval and wrap each oval lengthwise around a metal form, sealing the edges with egg whites. Flare the edges open with fingers. Gently drop the cannoli shells into the hot oil and fry until dark golden brown, about 2 to 3 minutes.
- Remove from the oil with a slotted spoon and allow to drain on paper towels. When the cannoli are cool enough to touch, twist the molds away from the shells. The shells may be made one day in advance and allowed to rest, unfilled and uncovered. To complete the cannoli, stuff with ricotta cream, dust with powdered sugar and serve.;
- In a 2 quart saucepan, combine the sugar and water and bring to a boil, making sure all sugar is dissolved.
- Remove from heat. In a large saucepan, combine the zest and enough cold water to cover and bring to a boil.
- Remove the zest, rinse with cold water and repeat the process 2 more times.
- Place the blanched zest in a saucepan and pour the syrup over the zest, adding an extra inch to cover the zest. Bring to a boil, reduce to a simmer and cook until the zest is translucent and tender.
- Remove from heat and cool.
- Drain the syrup and lay the zest out on a cooling rack. Toss in sugar and store in an airtight container.;

## Nutrition Facts



## Properties

Glycemic Index:96.34, Glycemic Load:337.47, Inflammation Score:-10, Nutrition Score:26.619565414346%

## Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 10.67mg, Malvidin: 10.67mg, Malvidin: 10.67mg, Malvidin: 10.67mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 3030.32kcal (151.52%), Fat: 105.8g (162.76%), Saturated Fat: 12.72g (79.48%), Carbohydrates: 517.97g (172.66%), Net Carbohydrates: 512.45g (186.35%), Sugar: 466.3g (518.11%), Cholesterol: 33.19mg (11.06%), Sodium: 153.76mg (6.69%), Alcohol: 2.84g (100%), Alcohol %: 0.22% (100%), Protein: 16.84g (33.68%), Vitamin E: 17.09mg (113.92%), Vitamin C: 79.88mg (96.82%), Vitamin K: 68.15µg (64.91%), Vitamin A: 3119.3IU (62.39%), Vitamin B1: 0.48mg (32.09%), Folate: 119.66µg (29.91%), Selenium: 20.44µg (29.2%), Calcium: 271.11mg (27.11%), Vitamin B2: 0.44mg (25.6%), Manganese: 0.45mg (22.35%), Fiber: 5.52g (22.08%), Vitamin B3: 3.35mg (16.73%), Iron: 2.68mg (14.9%), Potassium: 470.06mg (13.43%), Copper: 0.25mg (12.38%), Phosphorus: 102.63mg (10.26%), Magnesium: 40mg (10%), Vitamin B5: 0.9mg (9.04%), Vitamin B6: 0.16mg (7.91%), Zinc: 0.62mg (4.13%)