



Cannoli II

READY IN



50 min.

SERVINGS



24

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups ricotta cheese
- ☐ 0.3 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

- ☐ 3 tablespoons water cold
- ☐ 1 tablespoon distilled vinegar white
- ☐ 1 cup sugar white

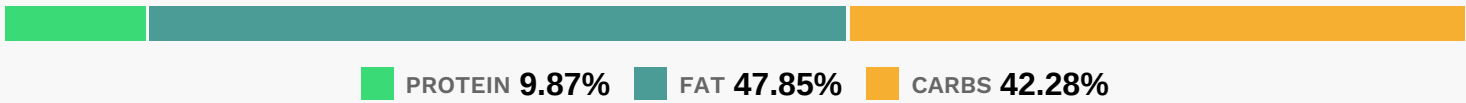
Equipment

- ☐ bowl
- ☐ oven
- ☐ pastry bag

Directions

- ☐ In a medium bowl, stir together the eggs, sugar, melted butter and oil. Stir in the flour, baking soda and cinnamon. Then add the cold water and vinegar.
- ☐ Mix well until smooth.
- ☐ Preheat the pizzelle iron. Drop the cannoli batter 1 tablespoon at a time onto the iron, close the lid and bake for 1 to 2 minutes. Carefully remove cookies and roll on the cooking cylinders while they are hot. Allow them to cool and remove from the cylinder. Fill when all of the shells have been baked and cooled.
- ☐ In a medium bowl, mix together the ricotta cheese, sugar and vanilla until smooth. Fold in the chocolate chips and cherries (if desired). Use a pastry bag to pipe the filling into the shells.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:10.3, Inflammation Score:-2, Nutrition Score:3.0808695917544%

Nutrients (% of daily need)

Calories: 150.41kcal (7.52%), Fat: 8.04g (12.37%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.58g (5.67%), Sugar: 9.12g (10.13%), Cholesterol: 29.38mg (9.79%), Sodium: 49.73mg (2.16%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 3.73g (7.47%), Selenium: 7.01µg (10.01%), Vitamin B2: 0.1mg (5.83%), Phosphorus: 53.88mg (5.39%), Calcium: 48.77mg (4.88%), Manganese: 0.1mg (4.8%), Folate: 18.58µg (4.64%), Vitamin K: 4.76µg (4.54%), Vitamin B1: 0.07mg (4.42%), Iron: 0.64mg (3.53%), Vitamin A: 172.04IU (3.44%), Zinc: 0.4mg (2.64%), Vitamin B3: 0.5mg (2.52%), Copper: 0.04mg (2.15%), Vitamin E: 0.32mg (2.13%),

Magnesium: 7.87mg (1.97%), Vitamin B12: 0.11µg (1.84%), Fiber: 0.41g (1.62%), Vitamin B5: 0.14mg (1.43%), Potassium: 47.1mg (1.35%)