



## Chocolate Chip Cannoli

READY IN



45 min.

SERVINGS



12

CALORIES



341 kcal

DESSERT

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup granulated sugar
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 ounces fromage blanc
- ☐ 4 cups buttermilk low-fat
- ☐ 1 gallon milk 1% low-fat
- ☐ 6 sheets phyllo dough frozen thawed ()

- ☐ 2 tablespoons powdered sugar sifted
- ☐ 2 ounces bittersweet chocolate divided
- ☐ 0.5 teaspoon vanilla extract

## Equipment

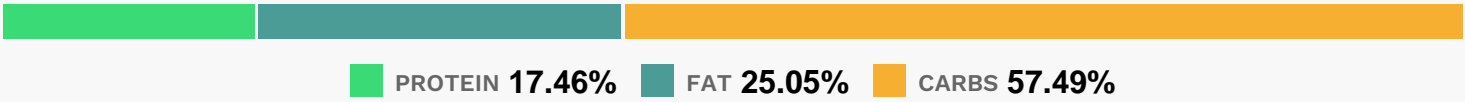
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ colander
- ☐ cutting board
- ☐ cheesecloth
- ☐ candy thermometer

## Directions

- ☐ To prepare ricotta, line a large colander or sieve with 3 layers of dampened cheesecloth, allowing cheesecloth to extend over outside edges of colander, and place colander in a large bowl.
- ☐ Combine milk and buttermilk in a large, heavy stockpot. Cook over medium heat until a candy thermometer reaches 170, gently stirring constantly. As soon as the milk mixture reaches 170, stop stirring (whey and curds will separate at this point). Continue to cook, without stirring, until the thermometer reaches 19

- ☐ (Be sure not to stir, or curds that have formed will break apart.) Immediately remove pan from heat. (Bottom of pan may be slightly scorched.)
- ☐ Pour milk mixture into cheesecloth-lined colander.
- ☐ Drain over bowl for 5 minutes, and discard liquid (whey). Gather edges of cheesecloth together; tie securely. Hang cheesecloth bundle from kitchen faucet, and drain 12 minutes or just until whey stops dripping. Scrape ricotta into a medium bowl.
- ☐ Sprinkle with salt, and toss gently with a fork to combine. Cool to room temperature.
- ☐ Add 2/3 cup of granulated sugar, vanilla extract, and fromage blanc to ricotta; beat with a mixer at medium speed until combined. Cover mixture, and refrigerate.
- ☐ To prepare shells, preheat oven to 375
- ☐ Cut out 12 (12 x 4inch) pieces of heavy-duty aluminum foil. Using your index fingers as a guide, loosely roll up each foil piece jelly-roll fashion to form a cylinder with a 1-inch opening. Lightly coat outside of each cylinder with cooking spray.
- ☐ Combine 1/3 cup granulated sugar and 1/2 teaspoon ground cinnamon in a small bowl.
- ☐ Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to prevent drying); lightly brush with butter.
- ☐ Sprinkle evenly with 2 teaspoons sugar mixture. Repeat layers once.
- ☐ Cut phyllo stack lengthwise into 4 equal strips.
- ☐ Place a foil cylinder at bottom of 1 phyllo strip; roll up jelly-roll fashion around cylinder. Lightly coat with cooking spray.
- ☐ Place on a parchment paperlined baking sheet. Repeat procedure with the remaining phyllo, butter, sugar mixture, and foil cylinders.
- ☐ Bake at 375 for 12 minutes or until lightly browned; cool completely on a wire rack. Carefully remove foil cylinders from phyllo shells by twisting ends of foil in opposite directions and gently pulling foil from shells.
- ☐ Finely chop 1 1/2 ounces chocolate.
- ☐ Combine ricotta mixture and chopped chocolate in a bowl.
- ☐ Transfer mixture to a large zip-top plastic bag; snip off 1/2-inch of 1 corner of bag. Pipe ricotta mixture evenly into each of 12 prepared shells (about 1/3 cup). Grate remaining 1/2 ounce chocolate. Dust cannoli evenly with powdered sugar and grated chocolate; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.43, Glycemic Load:13.47, Inflammation Score:-6, Nutrition Score:14.480434733888%

## Nutrients (% of daily need)

Calories: 341.1kcal (17.05%), Fat: 9.13g (14.04%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 47.12g (15.71%), Net Carbohydrates: 46.52g (16.92%), Sugar: 40.41g (44.9%), Cholesterol: 26.78mg (8.93%), Sodium: 358.95mg (15.61%), Alcohol: 2.47g (100%), Alcohol %: 0.7% (100%), Caffeine: 4.06mg (1.35%), Protein: 14.31g (28.61%), Calcium: 496.15mg (49.61%), Phosphorus: 416.43mg (41.64%), Vitamin B2: 0.6mg (35.55%), Vitamin B12: 2.11µg (35.25%), Vitamin D: 3.47µg (23.13%), Potassium: 658mg (18.8%), Vitamin B1: 0.26mg (17.34%), Selenium: 10.98µg (15.69%), Vitamin A: 745.96IU (14.92%), Magnesium: 56.54mg (14.13%), Vitamin B5: 1.41mg (14.06%), Zinc: 1.87mg (12.47%), Vitamin B6: 0.22mg (11.06%), Manganese: 0.13mg (6.73%), Folate: 18.78µg (4.69%), Vitamin B3: 0.83mg (4.16%), Copper: 0.08mg (4.11%), Iron: 0.66mg (3.67%), Fiber: 0.6g (2.41%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.24µg (1.18%)