



Chocolate Chip–Orange Cannoli (Cannoli di Ricotta)

READY IN



45 min.

SERVINGS



12

CALORIES



490 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate chips miniature
- ☐ 1 egg white lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 tablespoons orange zest finely grated chopped
- ☐ 2 cups cow's-milk ricotta fresh drained
- ☐ 0.8 cup caster sugar
- ☐ 1 tablespoon sugar

- ☐ 2 tablespoons butter unsalted chilled cut into cubes
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 8 cups vegetable oil
- ☐ 8 tablespoons limoncillo

Equipment

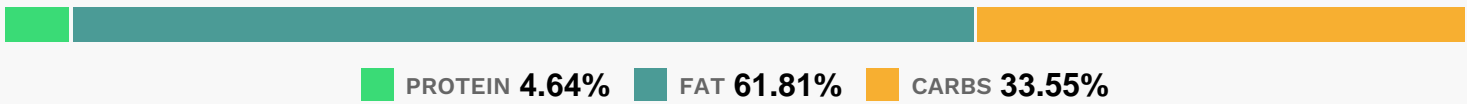
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ cookie cutter
- ☐ pastry bag

Directions

- ☐ Make dough
- ☐ In medium bowl, whisk together flour, sugar, cocoa, and cinnamon. Using fingertips or pastry blender, blend in butter just until mixture resembles coarse meal. (Alternatively, pulse in food processor.)
- ☐ Drizzle limoncillo over mixture and gently stir with fork until incorporated.
- ☐ Turn out dough onto sheet of plastic wrap. (Dough will still look somewhat dry and crumbly.) Gather together into ball, wrap in plastic, and refrigerate 45 minutes to 1 hour.
- ☐ Make filling

- ☐ In medium mixing bowl, stir together ricotta, sugar, chocolate chips, orange peel, and vanilla. Spoon mixture into pastry bag fitted with 1/2-inch round tip and refrigerate until ready to use. (Filling can be made up to 1 day ahead and refrigerated, covered.)
- ☐ Form, fry, and fill shells
- ☐ Cut dough into 4 even pieces. On lightly floured surface, roll out 1 piece to 1/8-inch thick. Using floured cookie cutter, cut out 2 to 3 rounds from dough.
- ☐ Transfer rounds to baking sheet and keep covered with plastic wrap.
- ☐ Roll out remaining dough and cut rounds in same manner, then gather scraps, roll out, and cut again.
- ☐ Fill heavy 4-quart pot with oil to depth of 3 inches.
- ☐ Heat over moderate heat until thermometer registers 375°F.
- ☐ Meanwhile, brush bottom edge of 1 dough round with egg white. Wrap dough around 1 cannoli tube with egg white-brushed end overlapping other end and gently press edges together to seal. Make 5 more shells in same manner. (Keep remaining rounds covered with plastic.)
- ☐ Working in 2 batches, fry formed shells in hot oil until deep golden brown, about 1 minute.
- ☐ Transfer to paper towel-lined plate to drain and cool 5 minutes. Stand tubes upright and tap gently against countertop to loosen shells. Twist molds to remove shells.
- ☐ Wrap remaining dough around tubes and fry in same manner. (Shells may be made 1 day ahead and stored at room temperature, unfilled and uncovered.)
- ☐ When ready to serve, pipe filling into 1 end of cannoli shell, filling shell halfway, then pipe into other end. Repeat to fill remaining shells. Dust with confectioner's sugar and serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:18.05, Inflammation Score:-3, Nutrition Score:5.7747825643291%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 489.76kcal (24.49%), Fat: 32.37g (49.81%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 38.83g (14.12%), Sugar: 25.22g (28.02%), Cholesterol: 12.33mg (4.11%), Sodium: 56.99mg (2.48%), Alcohol: 2.71g (100%), Alcohol %: 1.43% (100%), Protein: 5.47g (10.94%), Vitamin K: 53.71µg (51.15%), Vitamin E: 2.45mg (16.3%), Selenium: 5.98µg (8.54%), Vitamin B1: 0.12mg (8.23%), Calcium: 76.58mg (7.66%), Folate: 28.8µg (7.2%), Manganese: 0.13mg (6.66%), Vitamin B2: 0.09mg (5.49%), Vitamin B3: 0.94mg (4.72%), Iron: 0.83mg (4.64%), Fiber: 0.71g (2.84%), Phosphorus: 19.34mg (1.93%), Copper: 0.03mg (1.68%), Vitamin A: 70.69IU (1.41%), Magnesium: 4.76mg (1.19%)