



Chocolate-Dipped Cannoli with Orange Ricotta Filling

READY IN



85 min.

SERVINGS



8

CALORIES



677 kcal

DESSERT

Ingredients

- ☐ 8 purchased cannoli shells store-bought
- ☐ 0.3 cup citron chopped candied orange peel
- ☐ 2 cups confectioners' sugar
- ☐ 1 teaspoon orange zest fresh
- ☐ 1 quart ricotta cheese
- ☐ 12 ounce semi chocolate chips
- ☐ 2 teaspoons vanilla extract

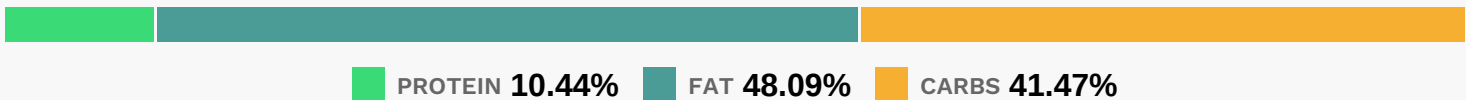
Equipment

- ☐ bowl
- ☐ double boiler
- ☐ stand mixer
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Melt chocolate over a double boiler and dip half of each cannoli shell in the chocolate. Allow any excess chocolate to drip off then lay shells out on a silpat or waxed paper-lined tray to set while you prepare the filling.
- ☐ Line a colander with cheesecloth, add the ricotta and let drain until very dry. Squeeze out any excess moisture in cheesecloth.
- ☐ Place the ricotta into the bowl of a stand mixer and beat on high for 5 to 7 minutes until light and fluffy.
- ☐ Add sugar, orange zest, chopped citron and vanilla extract, then mix on medium until just combined.
- ☐ Place the filling into a piping bag and fill chocolate dipped cannoli with the mixture.
- ☐ Serve as soon as possible.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.97, Inflammation Score:-5, Nutrition Score:13.261739006509%

Nutrients (% of daily need)

Calories: 677.05kcal (33.85%), Fat: 36.06g (55.48%), Saturated Fat: 20.23g (126.45%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 66.47g (24.17%), Sugar: 51.28g (56.98%), Cholesterol: 62.88mg (20.96%), Sodium: 108.91mg (4.74%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Caffeine: 36.57mg (12.19%), Protein: 17.62g (35.25%), Iron: 7.16mg (39.76%), Selenium: 20.94µg (29.91%), Phosphorus: 297.81mg (29.78%), Manganese: 0.58mg

(28.96%), Copper: 0.56mg (28%), Calcium: 272.89mg (27.29%), Magnesium: 88.22mg (22.05%), Zinc: 2.51mg (16.71%), Vitamin B2: 0.26mg (15.2%), Fiber: 3.5g (14.01%), Vitamin A: 549.61IU (10.99%), Potassium: 370.56mg (10.59%), Vitamin B12: 0.48µg (7.98%), Vitamin K: 4.38µg (4.17%), Vitamin B5: 0.38mg (3.81%), Folate: 14.27µg (3.57%), Vitamin B6: 0.07mg (3.3%), Vitamin E: 0.38mg (2.56%), Vitamin B3: 0.49mg (2.43%), Vitamin B1: 0.03mg (1.96%), Vitamin D: 0.24µg (1.58%)