



Chocolate Fritters: Cuscinetti di Teramo

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 0.5 cup bittersweet chocolate chopped fine
- ☐ 1 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup hazelnuts toasted coarsely chopped
- ☐ 8 servings honey for brushing the fritters
- ☐ 1 lemon zest
- ☐ 0.3 cup olive oil for frying extra-virgin

- ☐ 1 pinch salt
- ☐ 2.5 tablespoons sugar
- ☐ 2 tablespoons white wine sweet

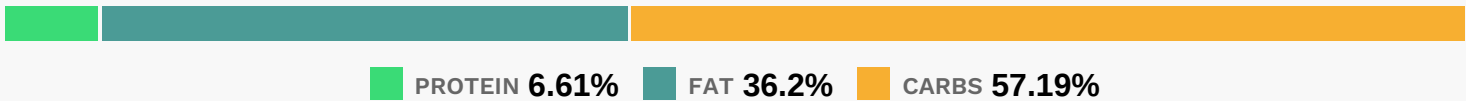
Equipment

- ☐ paper towels
- ☐ pot
- ☐ cookie cutter
- ☐ slotted spoon

Directions

- ☐ Place the flour on a clean work surface and add the salt, sugar, lemon zest, oil, and enough wine to make a firm but tender dough. Knead for 5 minutes, then wrap the dough in plastic and let it rest 30 minutes.
- ☐ In the meantime, make the filling by combining the chocolate, nuts, and jam and mix with a spoon. Set aside, covered.
- ☐ Roll the dough out to 1/4-inch thickness and, using a 3-inch cookie cutter, cut out as many circles as possible.
- ☐ Place a dab of filling on each circle of dough, moisten the edges with a bit of beaten egg, and fold each round in half, pressing them shut with finger pressure or a fork.
- ☐ In a tall-sided pot, heat the oil to 350 degrees F and fry the until they are deep golden brown.
- ☐ Remove with a slotted spoon and drain on paper towels.
- ☐ Brush each fritter with honey and serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:14.32, Inflammation Score:-3, Nutrition Score:6.4943478262943%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 228.44kcal (11.42%), Fat: 9.29g (14.29%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.12g (11.31%), Sugar: 17.06g (18.96%), Cholesterol: 21.12mg (7.04%), Sodium: 17.6mg (0.77%), Alcohol: 0.39g (100%), Alcohol %: 0.74% (100%), Caffeine: 9.41mg (3.14%), Protein: 3.81g (7.63%), Manganese: 0.57mg (28.74%), Copper: 0.26mg (13%), Selenium: 8.26µg (11.8%), Vitamin B1: 0.16mg (10.74%), Iron: 1.84mg (10.22%), Folate: 37.18µg (9.29%), Magnesium: 32.42mg (8.11%), Fiber: 1.9g (7.59%), Vitamin E: 1.09mg (7.25%), Phosphorus: 71.97mg (7.2%), Vitamin B2: 0.12mg (7.03%), Vitamin B3: 1.13mg (5.63%), Zinc: 0.62mg (4.13%), Potassium: 133.61mg (3.82%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.24mg (2.42%), Vitamin C: 1.97mg (2.39%), Vitamin K: 2.39µg (2.27%), Calcium: 21.2mg (2.12%), Vitamin B12: 0.07µg (1.14%), Vitamin A: 51.7IU (1.03%)