



Cjarsons

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon bitter chocolate
- 2 tablespoons butter
- 1 cup chicken stock see
- 2 tablespoons currants
- 2 eggs beaten
- 2.5 cups flour
- 1 teaspoon lemon zest grated
- 0.5 teaspoon nutmeg

- 1 tablespoon parsley italian finely chopped
- 0.3 pound ricotta smoked finely grated
- 1 pound ricotta cheese
- 4 sage leaves
- 1 teaspoon salt
- 2 tablespoons scallions sliced

Equipment

- frying pan

Directions

- Bring 6 quarts water to boil and add 2 tablespoons salt.
- Make a well with the flour and place ricotta, smoked ricotta, eggs, salt, currants, chocolate, nutmeg, lemon zest, scallions and parsley in center. Incorporate everything with your hands to form a dough. Divide dough into 4 pieces and roll into a dowel or tube about 1-inch thick. Flatten the tube to about 1/4-inch thick and cut into 1 1/2-inch pieces long. These are called cjarsons. Drop cjarsons into boiling water and cook until they float, about 5 to 7 minutes. Meanwhile, place chicken stock, sage and butter into a 12 to 14-inch saute pan and bring to a boil.
- Drain cjarsons and toss into pan with butter mixture. Toss to coat and serve.

Nutrition Facts



■ PROTEIN 17.5% ■ FAT 38.39% ■ CARBS 44.11%

Properties

Glycemic Index:84.5, Glycemic Load:45.76, Inflammation Score:-8, Nutrition Score:23.356086803519%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 662.03kcal (33.1%), Fat: 28.1g (43.23%), Saturated Fat: 16.63g (103.95%), Carbohydrates: 72.66g (24.22%), Net Carbohydrates: 69.9g (25.42%), Sugar: 6.48g (7.2%), Cholesterol: 170.98mg (56.99%), Sodium: 868.54mg (37.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.64%), Selenium: 55.31µg (79.02%), Vitamin B2: 0.83mg (48.91%), Vitamin B1: 0.68mg (45.24%), Folate: 178.15µg (44.54%), Phosphorus: 381.96mg (38.2%), Calcium: 333.45mg (33.35%), Manganese: 0.63mg (31.38%), Vitamin B3: 5.89mg (29.46%), Iron: 5.05mg (28.07%), Vitamin K: 25.39µg (24.18%), Vitamin A: 1046.44IU (20.93%), Copper: 0.36mg (18.16%), Zinc: 2.68mg (17.89%), Potassium: 406.65mg (11.62%), Vitamin B12: 0.69µg (11.49%), Magnesium: 44.39mg (11.1%), Fiber: 2.76g (11.04%), Vitamin B5: 1mg (10.01%), Vitamin B6: 0.2mg (9.79%), Vitamin D: 0.72µg (4.82%), Vitamin E: 0.65mg (4.33%), Vitamin C: 3.02mg (3.66%)