



Cone-oli

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup confectioners' sugar for dusting plus more
- 0.3 cup cream cheese at room temperature
- 1 teaspoon orange zest finely grated
- 2 tablespoons pistachios finely chopped
- 1.3 cups ricotta cheese
- 2 ounces bittersweet chocolate finely chopped
- 6 sugar cones

1 teaspoon vanilla extract

Equipment

bowl

sieve

blender

ziploc bags

Directions

Put the ricotta in a fine-mesh sieve set over a bowl. Refrigerate 30 minutes to drain.

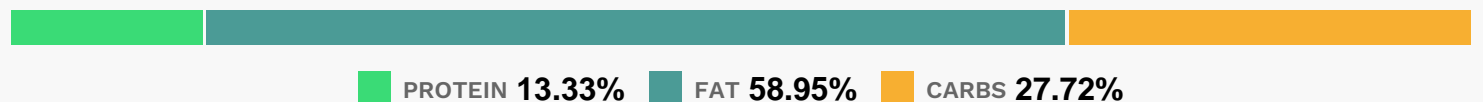
Transfer the ricotta to a large bowl.

Add the cream cheese, confectioners' sugar, vanilla and almond extracts, and the orange zest and beat with a mixer until smooth and fluffy, about 1 minute. Fold in 3 tablespoons chopped chocolate. Cover and refrigerate until thick and cold, at least 1 hour.

Transfer the ricotta mixture to a resealable plastic bag. Snip off one corner and pipe the mixture into the cones. Gently press the remaining chocolate and the pistachios into the ricotta mixture. Dust the cones with confectioners' sugar.

Photograph by Lisa Shin

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:1.34, Inflammation Score:-3, Nutrition Score:5.0382608356683%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 224.28kcal (11.21%), Fat: 14.72g (22.65%), Saturated Fat: 8.42g (52.61%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.52g (5.28%), Sugar: 11.78g (13.09%), Cholesterol: 36.47mg (12.16%), Sodium: 74.3mg (3.23%), Alcohol: 0.29g (100%), Alcohol %: 0.44% (100%), Caffeine: 8.13mg (2.71%), Protein: 7.49g (14.98%), Selenium: 9.32µg (13.32%), Phosphorus: 128.69mg (12.87%), Calcium: 125.31mg (12.53%), Copper: 0.16mg (8.22%), Manganese: 0.16mg (8.08%), Vitamin B2: 0.13mg (7.86%), Vitamin A: 373.44IU (7.47%), Magnesium: 26.36mg (6.59%), Zinc: 0.95mg (6.36%), Iron: 0.91mg (5.06%), Potassium: 148.03mg (4.23%), Fiber: 1.05g (4.2%), Vitamin B6: 0.07mg (3.7%), Vitamin B12: 0.21µg (3.56%), Vitamin B1: 0.03mg (2.28%), Folate: 8.43µg (2.11%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.45µg (1.38%)