



## Crispy Squash Blossoms Filled with Pulled Pork and Ricotta

 Gluten Free

READY IN



410 min.

SERVINGS



15

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups bbq sauce your favorite
- 0.5 teaspoon peppercorns whole black
- 1 tablespoon dijon mustard
- 2 teaspoons honey
- 0.8 cup olive oil extra-virgin
- 15 servings vegetable oil; peanut oil preferred for frying
- 2 pound pork butt cut into 2-inch cubes

- 1 large onion red coarsely chopped
- 2 cups rice flour
- 0.5 cup rice vinegar
- 2 cups rice vinegar
- 1.5 cups ricotta cheese
- 0.3 teaspoon salt
- 15 servings salt
- 15 servings salt and pepper
- 15 servings salt and pepper freshly ground
- 20 squash blossoms
- 2 cups water cold

## Equipment

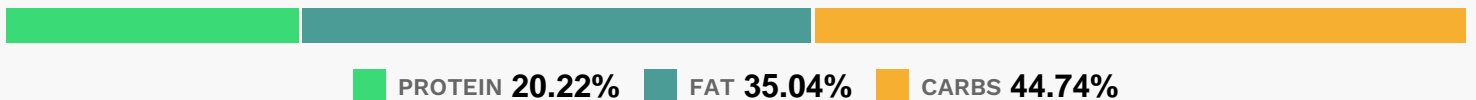
- bowl
- paper towels
- sauce pan
- oven
- whisk
- sieve
- blender
- roasting pan
- aluminum foil
- stove
- cheesecloth

## Directions

- Place the ricotta in a strainer lined with cheesecloth over a bowl and let drain in the refrigerator for at least 2 hours. Discard liquid.
- Combine the strained ricotta and shredded pork in a bowl and season with salt and pepper.

- Fill each squash blossom with the pork–cheese mixture and twist the top of the blossom to secure the filling while frying.
- Fill a large, heavy saucepan halfway with oil and heat on the stove until the temperature reaches 360 degrees F.
- Dredge each filled squash blossom in the rice batter to coat completely. Fry the squash blossoms in batches until lightly golden brown, turning once.
- Drain on a plate lined with paper towels and sprinkle with salt.
- Drizzle some of the black pepper vinaigrette in the center of a serving plate and place 2 squash blossoms on top for each serving.
- Serve hot.
- Preheat oven to 300 degrees F.
- Place pork cubes in a medium roasting pan. Stir together the BBQ sauce, vinegar, and onion and then pour mixture over the pork and season with salt and pepper. Cover the pan with foil and cook in the oven for 3 1/2 to 4 hours or until the meat is fork tender.
- Let cool in the braising liquid, then drain the liquid from the meat and shred the meat into bite–sized pieces.
- Whisk together water and flour until smooth and season with salt.
- Let sit 10 minutes before using.
- Combine vinegar, mustard, salt, pepper, and honey in a blender. With the machine running, slowly add the oil until emulsified.

## Nutrition Facts



## Properties

Glycemic Index:22.55, Glycemic Load:12.06, Inflammation Score:-3, Nutrition Score:11.52869564554%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 325.3kcal (16.26%), Fat: 12.22g (18.81%), Saturated Fat: 4.14g (25.91%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 34.05g (12.38%), Sugar: 13.86g (15.4%), Cholesterol: 48.94mg (16.31%), Sodium: 1087.01mg (47.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.74%), Selenium: 24.99µg (35.7%), Vitamin B1: 0.39mg (25.7%), Vitamin B6: 0.46mg (22.88%), Phosphorus: 196.37mg (19.64%), Manganese: 0.37mg (18.57%), Vitamin B2: 0.31mg (18.33%), Vitamin B3: 3.49mg (17.47%), Zinc: 2.59mg (17.25%), Vitamin B5: 1.25mg (12.52%), Vitamin B12: 0.63µg (10.58%), Potassium: 356mg (10.17%), Vitamin E: 1.26mg (8.39%), Calcium: 82.48mg (8.25%), Magnesium: 31.34mg (7.83%), Iron: 1.24mg (6.88%), Copper: 0.14mg (6.8%), Vitamin A: 249.36IU (4.99%), Fiber: 1.06g (4.25%), Vitamin D: 0.41µg (2.75%), Vitamin K: 2.56µg (2.44%), Folate: 7.67µg (1.92%), Vitamin C: 1.53mg (1.85%)