



Deep-Fried Ricotta Balls

READY IN



40 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup bread crumbs freshly grated
- ☐ 1 eggs separated
- ☐ 1 garlic clove sliced
- ☐ 1.3 cups goat-milk ricotta drained (or substitute cow-milk ricotta)
- ☐ 1 pinch nutmeg
- ☐ 2 cups olive oil extra-virgin
- ☐ 0.5 bunch parsley finely chopped
- ☐ 24 servings salt and pepper
- ☐ 0.5 cup caciocavallo freshly grated

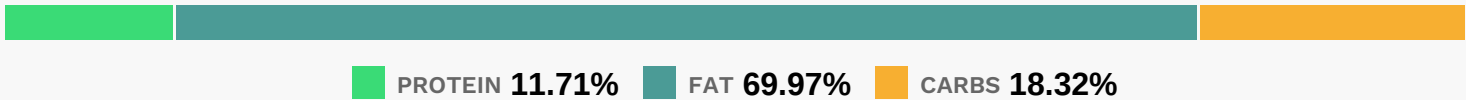
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large bowl, combine ricotta, cheese, parsley, garlic, nutmeg, and 1 egg yolk, (reserving white) and mix well. Season with salt and pepper. Form ricotta mixture into balls about the size of small walnuts and set on a rack to dry slightly for 15 minutes.
- ☐ When ready to cook, place oil in a tall-sided pan and heat to 360 degrees F. Oil should be at least 2-inches deep.
- ☐ In a shallow bowl, mix the egg white with remaining whole egg, beating with a fork.
- ☐ Place bread crumbs in another shallow bowl. Dip each ricotta ball into egg to coat lightly, then roll quickly in bread crumbs. Make sure ricotta balls are completely covered in egg wash and bread crumbs,, and the coating is pressed on firmly. Drop balls, a few at a time, into hot oil and fry until golden brown.
- ☐ Remove with slotted spoon and drain briefly, then serve hot.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.7521738617317%

Flavonoids

Apigenin: 2.57mg, Apigenin: 2.57mg, Apigenin: 2.57mg, Apigenin: 2.57mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.65kcal (3.23%), Fat: 5.06g (7.78%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.79g (1.02%), Sugar: 0.84g (0.93%), Cholesterol: 9.73mg (3.24%), Sodium: 259.27mg (11.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin K: 21.92µg (20.88%), Calcium: 51.45mg (5.14%), Phosphorus: 39.05mg (3.91%), Vitamin E: 0.56mg (3.75%), Vitamin A: 153.1IU (3.06%), Selenium: 2µg (2.85%), Vitamin B2: 0.05mg (2.79%), Vitamin B1: 0.04mg (2.57%), Vitamin C: 1.8mg (2.18%), Manganese: 0.04mg (1.83%), Iron: 0.3mg (1.66%), Folate: 6.19µg (1.55%), Vitamin D: 0.22µg (1.49%), Vitamin B3: 0.26mg (1.3%), Potassium: 45.28mg (1.29%), Magnesium: 5.03mg (1.26%), Zinc: 0.18mg (1.2%), Vitamin B5: 0.1mg (1.02%), Vitamin B12: 0.06µg (1.02%)