

food
network

Diti di Apostoli



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup amaretto
- ☐ 0.3 cup cocoa dry
- ☐ 4 egg whites
- ☐ 0.8 tablespoon ricotta fresh
- ☐ 0.5 tablespoon olive oil
- ☐ 2 orange zest
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 cup sugar

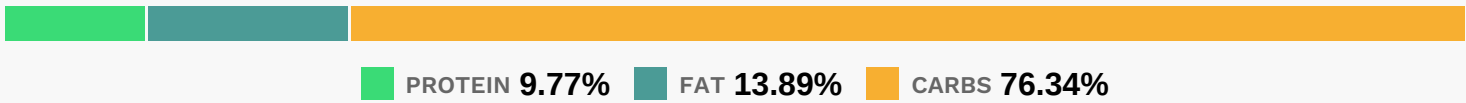
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, stir together ricotta, sugar, cocoa, amaretto and orange zest.
- ☐ Beat egg whites until foamy and light peaks barely form.
- ☐ In a nonstick pan, heat olive oil over medium heat.
- ☐ Pour 2 tablespoons egg whites into pan and swirl as if making a crepe. Cook 1 minute on first side, flip and cook 20 seconds more. Continue until egg whites are done.
- ☐ To assemble, place 1 tablespoon ricotta mixture in center of each crepe. Fold over and back to form an omelet shape.
- ☐ Sprinkle with powdered sugar or cocoa and serve.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:8.75, Inflammation Score:-3, Nutrition Score:4.3391304913422%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 205.94kcal (10.3%), Fat: 3g (4.61%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 34.46g (12.53%), Sugar: 32.21g (35.79%), Cholesterol: 1.43mg (0.48%), Sodium: 55.11mg (2.4%), Alcohol: 3.84g (100%), Alcohol %: 5.51% (100%), Caffeine: 16.2mg (5.4%), Protein: 4.74g (9.49%), Copper: 0.22mg (11.23%), Manganese: 0.21mg (10.67%), Selenium: 7.45µg (10.64%), Fiber: 2.62g (10.5%), Vitamin C: 8.16mg (9.89%), Vitamin B2: 0.16mg (9.56%), Magnesium: 32.19mg (8.05%), Phosphorus: 50.54mg (5.05%), Iron: 0.86mg (4.8%), Potassium: 151.27mg (4.32%), Zinc: 0.43mg (2.87%), Calcium: 24.9mg (2.49%), Vitamin E: 0.28mg (1.84%), Folate: 5.06µg (1.26%), Vitamin K: 1.22µg (1.16%), Vitamin B3: 0.23mg (1.13%), Vitamin B5: 0.11mg (1.06%)