



Dried Cherry and Ginger Cannoli

READY IN



45 min.

SERVINGS



25

CALORIES



462 kcal

DESSERT

Ingredients

- ☐ 25 purchased cannoli shells
- ☐ 0.8 cup cherries dried minced
- ☐ 0.8 cup candied ginger minced
- ☐ 2 pounds ricotta cheese fresh
- ☐ 1 cup mascarpone cheese
- ☐ 1 tablespoon orange zest grated
- ☐ 25 servings pistachios chopped
- ☐ 2 cups powdered sugar
- ☐ 25 servings powdered sugar

- ☐ 4 ounces bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.5 teaspoon vanilla extract

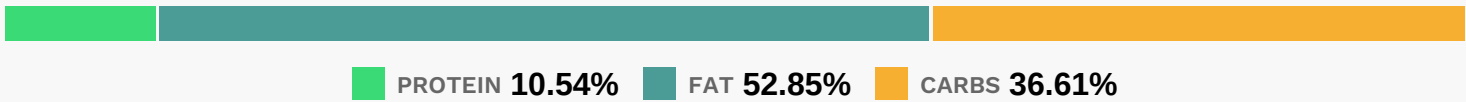
Equipment

- ☐ bowl
- ☐ pastry bag

Directions

- ☐ Working in 2 batches, blend first 5 ingredients in processor until smooth; add ginger and cherries and process until finely chopped and well incorporated. Using on/off turns, mix in chocolate just until blended (do not puree).
- ☐ Transfer filling to large bowl. (Filling can be prepared 1 day ahead. Cover and refrigerate.Bring to room temperature before continuing.)
- ☐ Working in batches, transfer filling to pastry bag without tip. Pipe into shells.
- ☐ Sprinkle ends with pistachios. Chill at least 2 hours and up to 6 hours. Sift powdered sugar over cannoli and serve.
- ☐ *Italian cream cheese; available at many supermarkets and Italian markets.

Nutrition Facts



Properties

Glycemic Index:2.68, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:10.288695759099%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 462.38kcal (23.12%), Fat: 27.63g (42.5%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 39.69g (14.43%), Sugar: 26.94g (29.94%), Cholesterol: 27.78mg (9.26%), Sodium: 37.17mg (1.62%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 3.9mg (1.3%), Protein: 12.4g (24.79%), Iron: 5.54mg (30.78%), Vitamin B6: 0.5mg (24.78%), Copper: 0.43mg (21.61%), Phosphorus: 207.25mg (20.73%), Manganese: 0.4mg (20.1%), Vitamin B1: 0.25mg (16.75%), Fiber: 3.36g (13.44%), Calcium: 121.04mg (12.1%), Magnesium: 46.37mg (11.59%), Selenium: 7.71µg (11.02%), Potassium: 360.99mg (10.31%), Vitamin A: 409.6IU (8.19%), Zinc: 1.16mg (7.75%), Vitamin B2: 0.12mg (7.22%), Vitamin E: 0.71mg (4.76%), Folate: 18.87µg (4.72%), Vitamin C: 2.18mg (2.65%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.45mg (2.24%), Vitamin B12: 0.13µg (2.19%)