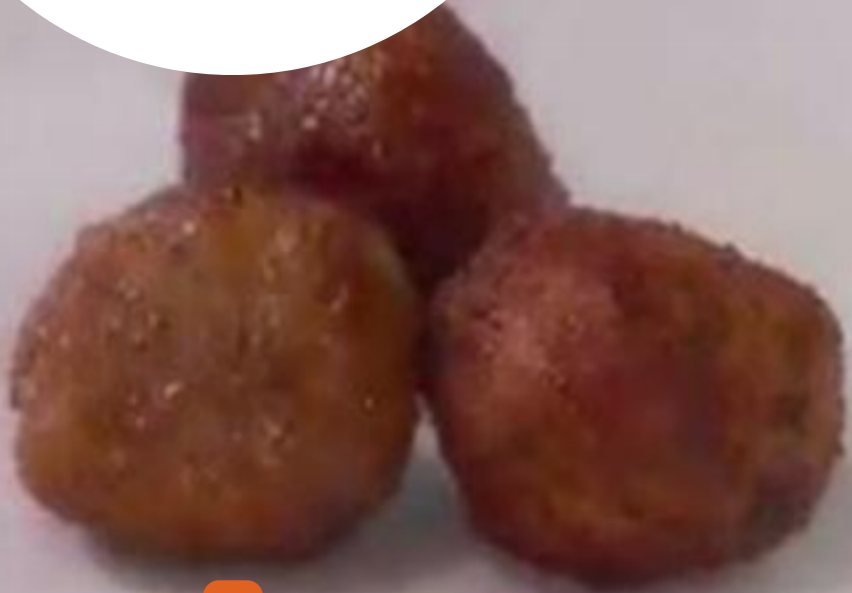




Fried and Stuffed Rice Balls (Arancini di Riso)

READY IN



30 min.

SERVINGS



6

CALORIES



440 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup arborio rice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 eggs beaten at room temperature
- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 4 ounces gorgonzola cut into 16 (1/2-inch) cubes at room temperature
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups chicken broth low-sodium
- ☐ 0.5 small onion chopped

- ☐ 0.3 cup parmesan finely grated
- ☐ 0.5 cup parmesan finely grated
- ☐ 0.5 cup seasoned bread crumbs italian-style
- ☐ 1 cup seasoned bread crumbs italian-style
- ☐ 3 tablespoons butter unsalted at room temperature
- ☐ 6 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen thermometer

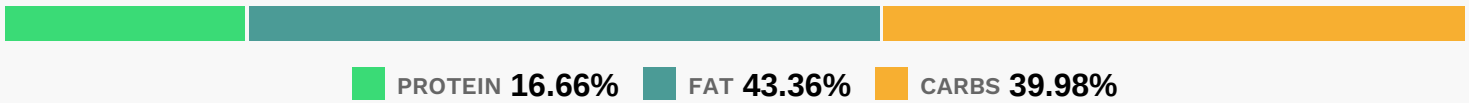
Directions

- ☐ Watch how to make this recipe.
- ☐ Put the bread crumbs in a medium bowl. Set aside.
- ☐ Filling: In a medium bowl, combine the risotto, bread crumbs, Parmesan, basil, and eggs. With damp hands, using about 2 tablespoons of the risotto mixture, form the mixture into 1 3/4-inch diameter balls. Make a hole in the center of each ball and insert a cube of Gorgonzola. Cover up the hole to completely enclose the cheese.
- ☐ Roll the balls in the breading to coat.
- ☐ In a large heavy-bottomed saucepan, pour in enough oil to fill the pan about 1/3 of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F. (If you dont have a thermometer, a cube of bread will brown in about 2 minutes.) In batches, fry the rice balls, turning occasionally, until golden, about 4 to 5 minutes.
- ☐ Drain on paper towels and serve.
- ☐ In a medium saucepan, bring the broth to a simmer over high heat. Reduce the heat to low and keep the broth hot.
- ☐ In a large, heavy saucepan, melt 2 tablespoons of the butter over medium heat.

- ☐
- Add the onion and cook, stirring frequently until tender, about 3 minutes.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:16.06, Inflammation Score:-6, Nutrition Score:15.848260962445%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 439.59kcal (21.98%), Fat: 20.79g (31.98%), Saturated Fat: 10.66g (66.65%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 40.81g (14.84%), Sugar: 2.42g (2.69%), Cholesterol: 92.58mg (30.86%), Sodium: 961.53mg (41.81%), Alcohol: 1.03g (100%), Alcohol %: 0.6% (100%), Protein: 17.97g (35.94%), Calcium: 320.62mg (32.06%), Selenium: 21.36µg (30.51%), Manganese: 0.6mg (30.23%), Vitamin B1: 0.45mg (29.98%), Phosphorus: 295.25mg (29.52%), Folate: 110.13µg (27.53%), Vitamin K: 24.5µg (23.33%), Vitamin B3: 4.22mg (21.11%), Vitamin B2: 0.35mg (20.42%), Iron: 3.2mg (17.77%), Zinc: 1.86mg (12.37%), Vitamin A: 607.18IU (12.14%), Vitamin B12: 0.71µg (11.78%), Vitamin B5: 1.14mg (11.4%), Copper: 0.2mg (9.84%), Fiber: 2.31g (9.23%), Vitamin B6: 0.18mg (9.18%), Magnesium: 34.45mg (8.61%), Potassium: 257.45mg (7.36%), Vitamin E: 0.71mg (4.72%), Vitamin D: 0.56µg (3.7%), Vitamin C: 1.42mg (1.72%)