



Fried Cheese: Mozzarella Fritto

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs fresh toasted Big Guy crumbs recommended
- ☐ 8 servings chili flakes
- ☐ 1 pound mozzarella cheese fresh
- ☐ 2 cloves garlic
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 bunch oregano leaves fresh chopped
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 8 tablespoons citrus champagne vinegar

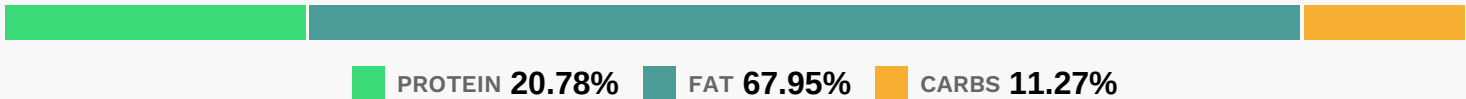
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Slice the mozzarella 3/4-inch slices. In a large frying pan, heat the oil over high heat until hot but not smoking.
- ☐ Add the garlic cloves and fry, pushing the garlic cloves through the oil to infuse the oil with the garlic flavor. As soon as the garlic begins to color, remove from the pan. Smash cheese slices into bread crumbs. Lower the heat to medium-high, and place the cheese slices into the pan in 1 layer. Make sure to leave enough room so that the cheese slices can be flipped. Fry on both sides until golden brown, about 2 to 4 minutes per side.
- ☐ Remove and let drain on a serving plate lined with paper towels.
- ☐ Sprinkle the fried cheese lightly with vinegar. Season with salt and pepper, to taste, and the fresh oregano. Repeat with remaining slices until all the cheese has been fried.
- ☐ Serve hot sprinkled with chili flakes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:8.87999999900486%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 266.45kcal (13.32%), Fat: 20.08g (30.89%), Saturated Fat: 8.52g (53.26%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 6.42g (2.34%), Sugar: 1.16g (1.29%), Cholesterol: 44.79mg (14.93%), Sodium: 439.21mg (19.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.62%), Calcium: 309.05mg (30.9%), Phosphorus: 220.45mg (22.05%), Vitamin B12: 1.32µg (21.94%), Vitamin A: 977.96IU (19.56%), Selenium: 11.86µg (16.95%), Vitamin E: 1.86mg (12.41%), Zinc: 1.86mg (12.37%), Vitamin B2: 0.21mg (12.22%), Vitamin K: 8.49µg (8.09%),

Manganese: 0.15mg (7.42%), Iron: 1.07mg (5.96%), Vitamin B1: 0.09mg (5.93%), Magnesium: 18.35mg (4.59%), Fiber: 1.07g (4.27%), Vitamin B6: 0.08mg (4.06%), Vitamin B3: 0.75mg (3.74%), Potassium: 106.36mg (3.04%), Folate: 11.94µg (2.98%), Copper: 0.05mg (2.45%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.14mg (1.41%)