



Fried Mozzarella Balls

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound baby mozzarella balls dry drained (small mozzarella balls)
- 1 cup breadcrumbs plain dry fine
- 3 large eggs beaten
- 36 servings tomato sauce homemade
- 5 cups vegetable oil

Equipment

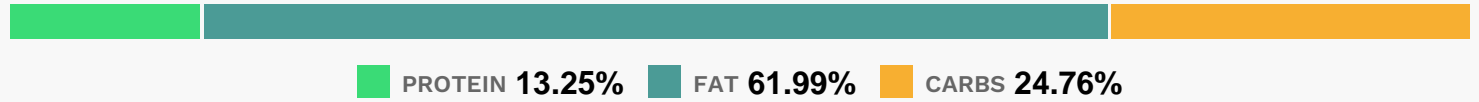
- paper towels
- sauce pan

- wax paper
- slotted spoon

Directions

- Heat about 1 1/2 inches oil to 360°F in a 3 1/2-to 4-quart heavy saucepan.
- Meanwhile, double-coat bocconcini by dipping in eggs, then in bread crumbs, and repeating.
- Transfer to a sheet of wax paper.
- Working in batches of 10, lower balls into oil with a slotted spoon and fry, turning occasionally, until golden brown, about 30 seconds per batch.
- Transfer to paper towels to drain and season with salt. (Return oil to 360°F between batches.)

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:2.1, Inflammation Score:-5, Nutrition Score:6.523478264394%

Nutrients (% of daily need)

Calories: 132.24kcal (6.61%), Fat: 9.67g (14.88%), Saturated Fat: 2.03g (12.72%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 6.72g (2.44%), Sugar: 4.56g (5.07%), Cholesterol: 20.04mg (6.68%), Sodium: 617.47mg (26.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin E: 2.31mg (15.37%), Vitamin K: 14.78µg (14.07%), Vitamin A: 552.92IU (11.06%), Potassium: 375.45mg (10.73%), Vitamin C: 8.57mg (10.39%), Manganese: 0.16mg (7.99%), Fiber: 1.97g (7.89%), Iron: 1.39mg (7.75%), Copper: 0.15mg (7.58%), Vitamin B3: 1.42mg (7.08%), Calcium: 69.97mg (7%), Vitamin B6: 0.13mg (6.54%), Vitamin B2: 0.11mg (6.52%), Magnesium: 20.17mg (5.04%), Phosphorus: 46.28mg (4.63%), Vitamin B5: 0.46mg (4.59%), Folate: 16.19µg (4.05%), Vitamin B1: 0.06mg (4.01%), Selenium: 2.77µg (3.96%), Zinc: 0.37mg (2.44%)