



Fried Mozzarella Balls with Marinara Cream Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs beaten
- 1 cup flour all-purpose
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 tablespoons heavy whipping cream
- 1 cup sauce red
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon lemon zest
- 8 ounce mozzarella cheese balls mini (bocconcini)

- 2 cups panko bread crumbs (Japanese breadcrumbs)
- 1 pinch pepper flakes red

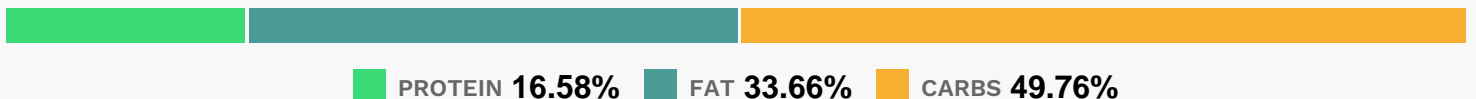
Equipment

- bowl
- paper towels
- whisk
- casserole dish
- microwave
- deep fryer

Directions

- For the mozzarella balls: Preheat a deep fryer to 375 degrees F.
- Drain the mozzarella and pat dry.
- Add the flour to a casserole dish, the beaten eggs to a second, and whisk together the panko, parsley, lemon zest, red pepper flakes, salt and pepper in the third casserole dish.
- Dredge the mozzarella through the flour, then the egg, and finally the breadcrumbs.
- Place in the freezer for 10 minutes then fry in batches in the hot oil until golden and crispy, about 1 minute per batch.
- Drain on paper towel-lined sheet trays. Season with salt.
- Serve with the marinara cream sauce.
- Mix the red sauce, heavy cream and red pepper flakes together in a small bowl and microwave until warm, about 2 minutes. Use for dipping.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:17.26, Inflammation Score:-5, Nutrition Score:13.456956459128%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 504.25kcal (25.21%), Fat: 18.9g (29.08%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 62.87g (20.96%), Net Carbohydrates: 60.47g (21.99%), Sugar: 15.98g (17.76%), Cholesterol: 110.73mg (36.91%), Sodium: 1198.36mg (52.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.91%), Vitamin B1: 0.55mg (36.5%), Selenium: 25.15µg (35.93%), Calcium: 282.92mg (28.29%), Folate: 101.65µg (25.41%), Manganese: 0.5mg (24.88%), Vitamin B2: 0.39mg (23.08%), Vitamin B3: 3.88mg (19.39%), Iron: 3.37mg (18.73%), Vitamin K: 18.81µg (17.91%), Phosphorus: 131.99mg (13.2%), Fiber: 2.39g (9.58%), Copper: 0.14mg (7.07%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.97mg (6.48%), Vitamin A: 321.45IU (6.43%), Magnesium: 23.71mg (5.93%), Vitamin B12: 0.31µg (5.21%), Vitamin B6: 0.09mg (4.7%), Vitamin C: 3.31mg (4.01%), Potassium: 138.19mg (3.95%), Vitamin D: 0.56µg (3.73%), Vitamin E: 0.36mg (2.42%)