



Fried Stuffed Rice Balls

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



1044 kcal

SIDE DISH

Ingredients

- ☐ 1 cup breadcrumbs dry fine (not seasoned)
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 inch mozzarella cheese (1 oz total)
- ☐ 3 cups mushrooms chilled
- ☐ 8 cups vegetable oil for frying

Equipment

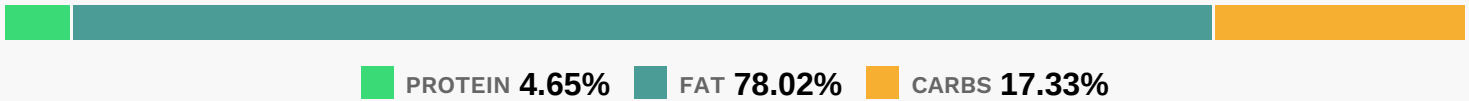
- ☐ bowl

- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ slotted spoon

Directions

- ☐ Roll chilled risotto into 12 (1 1/2-inch) balls using wet hands. Poke a small hole in center of each ball and insert a cube of cheese, then re-form into a ball.
- ☐ Put flour, eggs, and bread crumbs in 3 separate bowls. Dredge 1 risotto ball in flour, shaking off excess. Dip in egg, letting excess drip off, then dredge in bread crumbs and transfer to a sheet of wax paper. Repeat with remaining balls.
- ☐ Heat 1 1/2 to 2 inches oil in a 4- to 5-quart heavy pot until thermometer registers 360°F. Working in batches of 4, lower rice balls into oil with a slotted spoon and fry, turning occasionally, until golden brown, 2 to 3 minutes per batch.
- ☐ Transfer with slotted spoon to paper towels to drain. Return oil to 360°F between batches. 3
- ☐ Let balls stand 2 minutes (for cheese to melt).

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:17.77, Inflammation Score:-7, Nutrition Score:21.654782538829%

Nutrients (% of daily need)

Calories: 1043.79kcal (52.19%), Fat: 91.63g (140.97%), Saturated Fat: 14.53g (90.83%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 43.04g (15.65%), Sugar: 3.28g (3.64%), Cholesterol: 93.25mg (31.08%), Sodium: 239.36mg (10.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.56%), Vitamin K: 162.32µg (154.59%), Vitamin E: 7.44mg (49.62%), Selenium: 31.82µg (45.46%), Vitamin B2: 0.67mg (39.28%), Vitamin B1: 0.57mg (38.32%), Vitamin B3: 6.25mg (31.27%), Folate: 110.09µg (27.52%), Manganese: 0.5mg (25.11%), Iron: 3.57mg (19.84%), Phosphorus: 190.84mg (19.08%), Copper: 0.36mg (18.04%), Vitamin B5: 1.75mg (17.47%), Fiber: 2.78g (11.12%), Potassium: 350.06mg (10%), Zinc: 1.32mg (8.78%), Vitamin B6: 0.16mg (8.2%), Calcium: 71.86mg (7.19%), Magnesium: 28.03mg (7.01%), Vitamin B12: 0.35µg (5.88%), Vitamin D: 0.65µg (4.3%), Vitamin A: 137.15IU (2.74%),

Vitamin C: 1.51mg (1.83%)