

Green Onion and Fontina Arancini

READY IN

ready

45 min.

SERVINGS

servings

25

CALORIES

calories

50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs dried plain
- ☐ 1 large eggs
- ☐ 3 ounces fontina
- ☐ 2 green onions very thinly sliced white and pale green parts
- ☐ 0.5 batch parmesan risotto chilled cold
- ☐ 25 servings salt
- ☐ 25 servings vegetable oil for frying

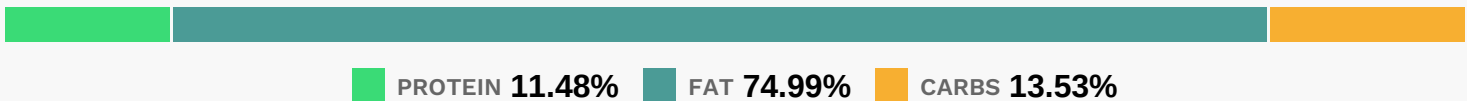
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Pour oil into a large, wide, heavy pot to a depth of 3 in. and heat until oil measures 350 on a deep-fry thermometer.
- ☐ In a glass measuring cup, beat egg; pour half into a large bowl (save the rest for another use).
- ☐ Add chilled risotto and green onions to egg in large bowl and stir until well combined.
- ☐ Cut fontina into 1/2-in. cubes. With wet hands, form 2 tbsp. risotto mixture into a ball and make a well in the center with your thumb. Put a cube of fontina in the well and push risotto mixture up around it to form a ball. Set ball on a baking sheet and repeat with remaining risotto mixture and fontina.
- ☐ Put bread crumbs in a shallow dish.
- ☐ Roll balls in crumbs; return to baking sheet. Line another baking sheet with paper towels.
- ☐ Fry first ball as a test: Cook, turning, until golden all over, 2 to 4 minutes.
- ☐ Drain on lined baking sheet and cut to see whether cheese has melted. If it hasn't, raise temperature a little or cook a little longer. Fry balls in batches of 5 or 6, turning, until golden all over, 2 to 4 minutes per batch. Using a slotted spoon, transfer as done to lined baking sheet. Season with salt and serve immediately, or keep warm in a 200 oven up to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2843478179496%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 49.76kcal (2.49%), Fat: 4.17g (6.41%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.22g (0.24%), Cholesterol: 11.4mg (3.8%), Sodium: 240.13mg (10.44%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.44g (2.87%), Vitamin K: 7.37µg (7.02%), Calcium: 24.83mg (2.48%), Selenium: 1.66µg (2.37%), Phosphorus: 19.79mg (1.98%), Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.02mg (1.53%), Vitamin B2: 0.03mg (1.51%), Vitamin B12: 0.08µg (1.38%), Zinc: 0.18mg (1.21%), Manganese: 0.02mg (1.15%), Vitamin A: 51.59IU (1.03%), Folate: 4.07µg (1.02%)