



Homemade Cannoli

READY IN



90 min.

SERVINGS



24

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 1 quart canola oil for frying
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 eggs lightly beaten for egg wash
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup heavy cream

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 optional: lemon
- ☐ 0.8 cup powdered sugar
- ☐ 2 cups ricotta cheese whole
- ☐ 0.3 cup semi chocolate chips
- ☐ 1 tablespoon butter unsalted cut into small pieces

Equipment

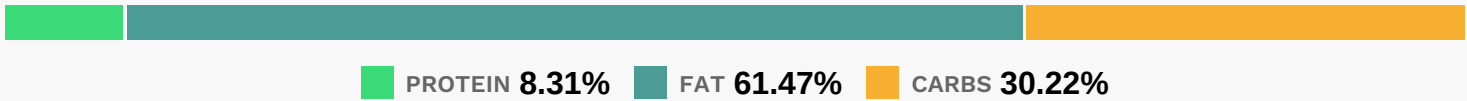
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen towels
- ☐ spatula
- ☐ rolling pin
- ☐ pastry bag
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ For the shell dough: In a medium bowl, sift together the flour, sugar and salt. Work the butter pieces into the flour with your fingers until the mixture becomes coarse and sandy.
- ☐ Add the egg yolk and the white wine and mix until it becomes a smooth dough.
- ☐ Spread a piece of plastic wrap on a flat surface and place the dough in the center. Wrap the plastic loosely around it and press the dough to fill the gap. Flattening the dough will mean less rolling later.
- ☐ Let it rest in the fridge for a few minutes while you make the filling.
- ☐ For the filling: In a medium bowl, whisk the ricotta until smooth. Sift in the powdered sugar, cinnamon and allspice.

- ☐ Mix to blend. In a separate bowl (or in the bowl of an electric mixer fitted with the whisk attachment), beat the heavy cream until fairly stiff. Using a rubber spatula, gently fold the cream into the ricotta mixture. Stir in the chocolate chips. Lightly zest the exterior of the lemon and stir it into the ricotta. Refrigerate for a half hour to an hour.
- ☐ To roll and fry the shells: In a medium pot with a heavy bottom, heat the canola oil to 360 degrees F. Meanwhile, sift an even layer of flour on a flat surface. Flour a rolling pin.
- ☐ Roll the dough until it is very thin (about 1/8-inch thick).
- ☐ Cut the dough into fourths and work in small batches. Use any glass or small bowl that has a 3-to-4-inch diameter.
- ☐ Cut rounds, tracing around each one to assure the dough has been fully cut. You should have about 24 circles. Wrap each circle around a cannoli mold. Use a little of the egg wash on the edge of each round to seal it shut and to assure it won't slide or fall off the mold before pressing it closed over the mold. Flare the edges out slightly from the mold. Flaring will allow the oil to penetrate each cannoli shell as they fry. Use a pair of tongs to hold the edge of the mold as you submerge and fry the shell in the oil until crispy, 2 to 3 minutes.
- ☐ Remove from the oil, and holding the mold in one hand with your tongs, gently grip the shell in your other hand with a kitchen towel and carefully slide it off the mold. Set aside to cool. Repeat with all of the circles.
- ☐ To fill the cannolis: Just before serving, use a pastry bag without a tip to pipe the ricotta into the cannoli molds. Fill the cannoli shells from both ends so the cream runs through the whole shell. Dust with powdered sugar. Powdered sugar gives that little extra sweetness and added texture to the exterior. It also makes me feel like I have a professional bakery touch in my own home.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:6.37, Inflammation Score:-3, Nutrition Score:4.0995652364648%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg,

Eriodictyol: 0.96mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.27kcal (9.71%), Fat: 13.15g (20.23%), Saturated Fat: 3.73g (23.28%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 13.94g (5.07%), Sugar: 5.18g (5.76%), Cholesterol: 29.63mg (9.88%), Sodium: 46.12mg (2.01%), Alcohol: 0.51g (100%), Alcohol %: 0.71% (100%), Protein: 4g (8%), Selenium: 7.8µg (11.14%), Vitamin E: 1.5mg (10.03%), Vitamin B2: 0.11mg (6.61%), Folate: 24.17µg (6.04%), Manganese: 0.12mg (6.04%), Vitamin B1: 0.09mg (5.98%), Vitamin K: 6.19µg (5.9%), Phosphorus: 58.61mg (5.86%), Calcium: 51.93mg (5.19%), Iron: 0.79mg (4.37%), Vitamin B3: 0.67mg (3.34%), Vitamin A: 165.99IU (3.32%), Vitamin C: 2.41mg (2.92%), Zinc: 0.42mg (2.8%), Fiber: 0.61g (2.42%), Copper: 0.05mg (2.38%), Magnesium: 9.25mg (2.31%), Vitamin B12: 0.11µg (1.83%), Potassium: 59.75mg (1.71%), Vitamin B5: 0.16mg (1.64%), Vitamin B6: 0.03mg (1.35%), Vitamin D: 0.17µg (1.11%)