



Honey Drenched Christmas Fritters: Struffoli

 Vegetarian  Dairy Free

READY IN



125 min.

SERVINGS



10

CALORIES



560 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 eggs
- 3.5 cups flour
- 2 cups honey
- 1 lemon zest juiced
- 1 tablespoon limoncello
- 1 orange zest
- 4 cups vegetable oil; peanut oil preferred for frying
- 0.5 teaspoon salt

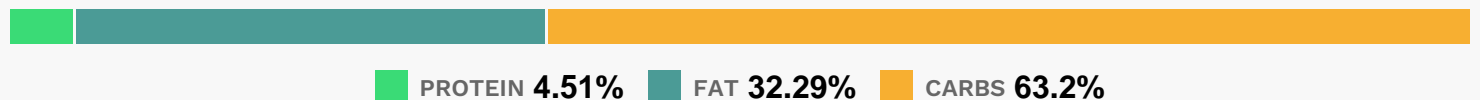
Equipment

- frying pan
- paper towels
- sauce pan
- mixing bowl
- slotted spoon

Directions

- In a mixing bowl, place flour, eggs, yolk, zest of 1 lemon, orange zest, salt, and limoncello and mix well to form a firm dough, 8 to 10 minutes.
- Place in the refrigerator and allow to rest 30 minutes.
- Remove from the refrigerator and cut golf ball-sized pieces of dough from the main batch.
- Roll each ball into a 1/2-inch thick dowel (rope) and cut each dowel into 1/2-inch pieces.
- Roll each piece into a ball and continue until finished with all dough.
- In a 12 to 14-inch skillet with at least 3-inch sides, heat the oil to 375 degrees F. Drop enough balls in to cover about half of the surface of frying oil and cook until dark golden brown. Use a slotted spoon to turn them regularly, and expect them to puff up while cooking. As they finish, remove them to a tray covered with paper towels, and drain well. This should take at least 5 batches.
- When all of the struffoli are cooked, heat the honey, lemon juice, and zest together in a wide 6 to 8 quart saucepan until quite warm, about 150 degrees F, and substantially thinner.
- Add struffoli to honey and stir carefully until well coated.
- Remove from heat and allow to cool 5 minutes in the pan, stirring regularly.
- Pour out into a large serving tray in the form of either a pyramid or a ring mold.
- Sprinkle with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:53.29, Inflammation Score:-4, Nutrition Score:9.5747825503349%

Nutrients (% of daily need)

Calories: 559.71kcal (27.99%), Fat: 20.57g (31.65%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 90.61g (30.2%), Net Carbohydrates: 89.1g (32.4%), Sugar: 56.44g (62.71%), Cholesterol: 116.64mg (38.88%), Sodium: 125.12mg (5.44%), Alcohol: 0.47g (100%), Alcohol %: 0.28% (100%), Protein: 6.47g (12.93%), Selenium: 21.44µg (30.63%), Folate: 97.62µg (24.41%), Vitamin B1: 0.36mg (24.28%), Vitamin E: 3.02mg (20.15%), Manganese: 0.36mg (17.94%), Vitamin B2: 0.3mg (17.67%), Iron: 2.63mg (14.61%), Vitamin B3: 2.68mg (13.4%), Phosphorus: 92.41mg (9.24%), Fiber: 1.51g (6.03%), Vitamin B5: 0.57mg (5.68%), Copper: 0.1mg (4.87%), Zinc: 0.71mg (4.74%), Vitamin D: 0.58µg (3.89%), Vitamin B6: 0.08mg (3.82%), Vitamin B12: 0.21µg (3.51%), Vitamin C: 2.74mg (3.33%), Vitamin A: 161.08IU (3.22%), Magnesium: 11.88mg (2.97%), Potassium: 97.37mg (2.78%), Calcium: 27.37mg (2.74%)