



WHATSheATE



## Mozzarella in Carrozza



Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



409 kcal

SIDE DISH

### Ingredients

- ☐ 1 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 fist-sized ball mozzarella cut into approximately 1/4-inch slices, then strips
- ☐ 0.5 cup olive oil for frying extra-virgin not
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 6 slices bread white
- ☐ 0.5 cup milk whole

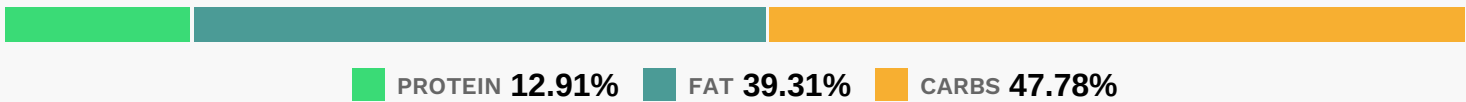
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Make sandwiches out of the bread and mozzarella, leaving a little margin around the edges unfilled with cheese, and press the edges together with your fingers to help seal. (One of the advantages of soft white bread is that it easily smushed together.)
- ☐ Pour the milk in to 1 soup bowl, the flour into another, and beat the egg with salt and pepper in another. Warm the oil in the frying pan over medium heat. Dunk the sandwiches briefly, 1 by 1, in the milk, then dredge in the flour, then dip in the beaten egg. Fry in hot oil on each side until crisp and golden and remove to a paper towel.
- ☐ Cut in half and apply to face.

## Nutrition Facts



## Properties

Glycemic Index:123.39, Glycemic Load:33.61, Inflammation Score:-5, Nutrition Score:14.742173982703%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

## Nutrients (% of daily need)

Calories: 408.73kcal (20.44%), Fat: 17.76g (27.33%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 48.57g (16.19%), Net Carbohydrates: 46.51g (16.91%), Sugar: 7.06g (7.84%), Cholesterol: 89.56mg (29.85%), Sodium: 415.77mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.26%), Selenium: 29.22µg (41.74%), Vitamin B1: 0.51mg (34.12%), Folate: 114.23µg (28.56%), Manganese: 0.54mg (27.11%), Calcium: 250.36mg (25.04%), Vitamin B2: 0.42mg (24.82%), Vitamin B3: 4.32mg (21.58%), Phosphorus: 204mg (20.4%), Iron: 3.5mg (19.44%), Vitamin E: 1.99mg (13.27%), Vitamin B5: 1.02mg (10.18%), Vitamin B12: 0.54µg (8.94%), Zinc: 1.29mg (8.59%), Magnesium: 32.96mg (8.24%), Fiber: 2.05g (8.22%), Vitamin B6: 0.15mg (7.45%), Vitamin D: 1.11µg (7.42%), Vitamin K: 7.11µg (6.77%), Potassium: 223.46mg (6.38%), Copper: 0.13mg (6.35%), Vitamin A: 222.3IU (4.45%)