



Mozzarella in Carrozza

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup capers drained chopped
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 6 oz mozzarella fresh cut into 1/4-inch-thick slices, at room temperature
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon butter unsalted
- ☐ 12 slices sandwich bread white firm

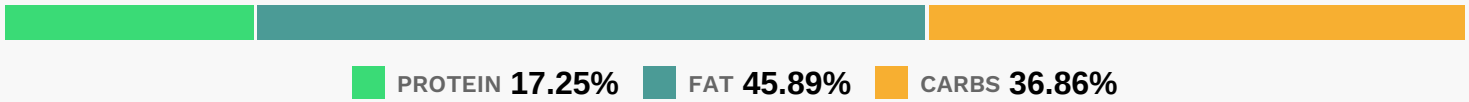
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Divide capers among 12 bread slices and spread evenly. Divide mozzarella among 6 slices and sprinkle with pepper to taste. Make into 6 sandwiches, then cut off and discard crusts to form 3-inch squares.
- ☐ Coat sandwiches with flour, knocking off excess. Beat together eggs, milk, and a pinch each of salt and pepper in another small shallow bowl.
- ☐ Heat 1/2 tablespoon butter with 1 tablespoon oil in a 10-inch heavy skillet over moderate heat until foam subsides. Meanwhile, coat 3 sandwiches, 1 at a time, with egg mixture. Fry, turning over once, until golden brown, about 5 minutes, then drain on paper towels. Coat and fry remaining 3 sandwiches in same manner.
- ☐ Cut sandwiches into quarters and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:5.17, Inflammation Score:-1, Nutrition Score:2.881739128219%

Flavonoids

Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 81.38kcal (4.07%), Fat: 4.14g (6.37%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 7.1g (2.58%), Sugar: 0.83g (0.92%), Cholesterol: 22.5mg (7.5%), Sodium: 161.04mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Selenium: 5.88µg (8.4%), Calcium: 67.11mg (6.71%), Vitamin B1: 0.08mg (5.23%), Phosphorus: 50.46mg (5.05%), Folate: 19.15µg (4.79%), Vitamin B2: 0.08mg (4.71%), Manganese: 0.09mg (4.38%), Vitamin B3: 0.7mg (3.48%), Iron: 0.62mg (3.45%), Vitamin B12: 0.21µg (3.44%), Zinc: 0.39mg (2.61%), Vitamin E: 0.28mg (1.89%), Vitamin A: 89.65IU (1.79%), Magnesium: 6.34mg (1.59%), Vitamin B5: 0.15mg

(1.52%), Fiber: 0.38g (1.52%), Copper: 0.03mg (1.4%), Vitamin K: 1.4µg (1.33%), Vitamin B6: 0.02mg (1.15%)