



Mozzarella Skewers with Anchovy Sauce (Spiedini di Mozzarella)

READY IN



30 min.

SERVINGS



8

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 anchovies rinsed chopped
- 1 loaf day-old bread cut into 1/2-inch cubes
- 3 eggs beaten
- 1 pound mozzarella di bufala fresh cut into 1/2-inch cubes
- 1 cup olive oil extra-virgin
- 1 bunch parsley italian chopped

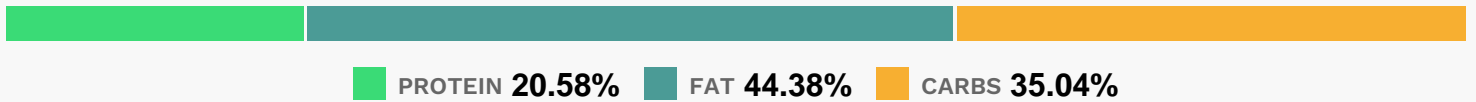
Equipment

- frying pan
- paper towels
- sauce pan
- skewers

Directions

- Special equipment: Bamboo skewers
- Place 3 cubes of bread and three cubes of cheese on as many skewers as necessary to use up all bread and cheese. Set aside.
- In a large, heavy-bottomed skillet, heat 1 cup oil until almost smoking. Dip each skewer in the egg to coat and cook in the oil until light golden brown. Set skewers on a plate lined with paper towels to drain.
- In a small saucepan, heat the remaining 1/2 cup of oil with the anchovies until the oil is boiling and the fish pieces have fallen apart, about 10 minutes.
- Add the parsley to the oil, pour the oil over the spiedini and serve.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:22.1, Inflammation Score:-8, Nutrition Score:24.605652124985%

Flavonoids

Apigenin: 15.38mg, Apigenin: 15.38mg, Apigenin: 15.38mg, Apigenin: 15.38mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 482.13kcal (24.11%), Fat: 23.74g (36.53%), Saturated Fat: 9.37g (58.57%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 38.55g (14.02%), Sugar: 5.58g (6.2%), Cholesterol: 108.57mg (36.19%), Sodium: 789.24mg (34.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Vitamin K: 125.62µg (119.64%), Selenium: 40.65µg (58.07%), Manganese: 1.05mg (52.45%), Calcium: 417.59mg (41.76%), Phosphorus: 354.13mg (35.41%), Vitamin B2: 0.47mg (27.49%), Vitamin B3: 5.48mg (27.39%), Vitamin B1: 0.38mg (25.42%), Vitamin B12:

1.46µg (24.41%), Folate: 95.16µg (23.79%), Iron: 4.2mg (23.33%), Vitamin A: 1076.3IU (21.53%), Zinc: 2.9mg (19.32%),
Fiber: 3.64g (14.54%), Magnesium: 53.37mg (13.34%), Vitamin C: 9.65mg (11.69%), Vitamin B5: 1.08mg (10.84%),
Vitamin E: 1.3mg (8.64%), Copper: 0.16mg (8.15%), Vitamin B6: 0.16mg (7.78%), Potassium: 240.56mg (6.87%),
Vitamin D: 0.56µg (3.71%)