



Mozzarella Sticks

READY IN



160 min.

SERVINGS



8

CALORIES



594 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups breadcrumbs dried italian-style
- 4 large eggs beaten to blend
- 32 ounce blocks pasteurized mozzarella cut into 4 by 1/2-inch sticks
- 1.3 cups parmesan freshly grated
- 1 teaspoon salt
- 1.5 cups vegetable oil

Equipment

- bowl

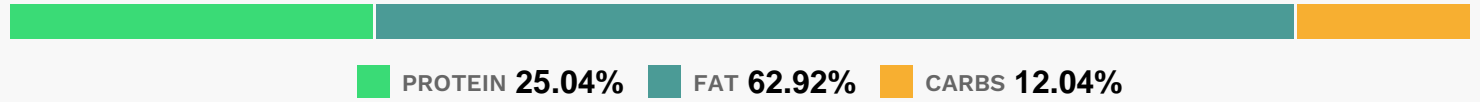
- frying pan
- baking sheet
- pot

Directions

- Watch how to make this recipe.
- Stir the bread crumbs, 1 cup of Parmesan and 1 teaspoon of salt in a medium bowl to blend. Dip the cheese in the eggs to coat completely and allow the excess egg to drip back into the bowl. Coat the cheese in the bread crumb mixture, patting to adhere and coat completely.
- Place the cheese sticks on a baking sheet. Repeat dipping the cheese sticks in the egg and bread crumb mixture to coat a second time. Cover and freeze until frozen, about 2 hours and up to 2 days.
- Heat the oil in a large frying pan over medium heat. Working in batches, fry the cheese until golden brown, about 1 minute per side.
- Transfer the fried cheese to plates.
- Sprinkle with the remaining cheese and serve with the Marinara Sauce.
- /2 cup extra-virgin olive oil
- small onions, finely chopped
- garlic cloves, finely chopped
- stalks celery, finely chopped
- carrots, peeled and finely chopped
- /2 teaspoon sea salt, plus more to taste
- /2 teaspoon freshly ground black pepper, plus more to taste
- (32 ounce) cans crushed tomatoes
- dried bay leaves
- In a large casserole pot, heat the oil over a medium-high flame.
- Add the onions and garlic and saute until the onions are translucent, about 10 minutes.
- Add the celery, carrots, and 1/2 teaspoon of each salt and pepper.
- Saute until all the vegetables are soft, about 10 minutes.

- Add the tomatoes and bay leaves, and simmer uncovered over low heat until the sauce thickens, about 1 hour.
- Remove and discard the bay leaf. Season the sauce with more salt and pepper, to taste. (The sauce can be made 1 day ahead. Cool, then cover and refrigerate. Rewarm over medium heat before using.)

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:19.829130763593%

Nutrients (% of daily need)

Calories: 593.53kcal (29.68%), Fat: 41.28g (63.5%), Saturated Fat: 19.92g (124.51%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 16.86g (6.13%), Sugar: 2.65g (2.94%), Cholesterol: 193.92mg (64.64%), Sodium: 1452.42mg (63.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.9%), Calcium: 821.23mg (82.12%), Phosphorus: 600.01mg (60%), Vitamin B12: 3.08µg (51.31%), Selenium: 35.81µg (51.15%), Vitamin B2: 0.57mg (33.65%), Zinc: 4.39mg (29.24%), Vitamin A: 1031.74IU (20.63%), Vitamin K: 19.34µg (18.42%), Vitamin B1: 0.25mg (16.42%), Manganese: 0.23mg (11.56%), Iron: 2.06mg (11.42%), Folate: 42.52µg (10.63%), Magnesium: 41.73mg (10.43%), Vitamin E: 1.2mg (8%), Vitamin B3: 1.53mg (7.63%), Vitamin B5: 0.73mg (7.3%), Vitamin D: 1.04µg (6.91%), Vitamin B6: 0.12mg (6.21%), Potassium: 175.77mg (5.02%), Copper: 0.09mg (4.38%), Fiber: 0.91g (3.64%)