



Mozzarella Sticks I

READY IN



9 min.

SERVINGS



4

CALORIES



569 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bread crumbs dry
- ☐ 2 eggs beaten
- ☐ 2 slices bread italian
- ☐ 1 slice mozzarella cheese
- ☐ 1 quart oil for deep frying
- ☐ 1 tablespoon parmesan cheese grated

Equipment

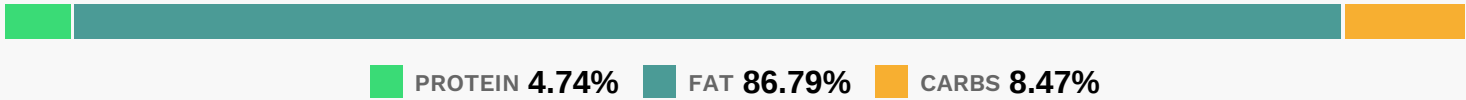
- ☐ bowl

- ☐ paper towels
- ☐ deep fryer

Directions

- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ Sandwich the mozzarella cheese between Italian bread slices.
- ☐ In a small bowl, mix the Parmesan cheese into the eggs.
- ☐ Place the bread crumbs in a small bowl.
- ☐ Dip both sides of the sandwich into the egg mixture, then into the bread crumbs, coating thoroughly.
- ☐ Carefully place the coated sandwich into deep fryer. Cook 2 to 4 minutes, or until bread is golden brown and cheese has melted.
- ☐ Remove from oil, drain on paper towels and cut into 4 triangles to serve.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:8.5939129642818%

Nutrients (% of daily need)

Calories: 568.86kcal (28.44%), Fat: 55.44g (85.3%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.42g (4.15%), Sugar: 3.81g (4.23%), Cholesterol: 88.85mg (29.62%), Sodium: 203.12mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Vitamin E: 8.54mg (56.93%), Vitamin K: 34.59µg (32.94%), Selenium: 10.73µg (15.33%), Vitamin B2: 0.17mg (10.08%), Phosphorus: 96.58mg (9.66%), Calcium: 77.71mg (7.77%), Vitamin B1: 0.11mg (7.49%), Vitamin B12: 0.42µg (6.92%), Folate: 26.87µg (6.72%), Iron: 1.07mg (5.94%), Vitamin B3: 1.07mg (5.36%), Zinc: 0.71mg (4.72%), Manganese: 0.09mg (4.61%), Vitamin B5: 0.4mg (4.02%), Vitamin A: 180.31IU (3.61%), Vitamin D: 0.48µg (3.17%), Fiber: 0.75g (3.02%), Vitamin B6: 0.05mg (2.6%), Magnesium: 10.15mg (2.54%), Potassium: 77.7mg (2.22%), Copper: 0.04mg (2.01%)