



Orange and Chocolate Zeppole

READY IN



30 min.

SERVINGS



4

CALORIES



1008 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces bittersweet chocolate chips
- ☐ 1 stick butter
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon orange zest
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar

- ☐ 4 servings vegetable oil for frying
- ☐ 0.5 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ hand mixer
- ☐ kitchen thermometer

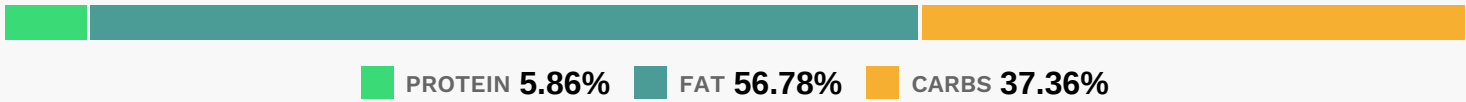
Directions

- ☐ For the Orange Zeppole: In a medium saucepan combine the butter, salt, sugar, and water over medium heat. Bring to a boil. Take the pan off the heat and stir in the flour. Return the pan to low heat and stir continuously until the mixture forms a ball, about 4 minutes.
- ☐ Transfer to a medium bowl. Using an electric hand mixer on low speed, add eggs, 1 at a time, incorporating each egg completely before adding the next.
- ☐ Add the orange zest and beat until smooth. Set aside.
- ☐ Place the orange zest and sugar in a food processor. Pulse the machine until the mixture is blended. Set the sugar into a wide and shallow dish. Set aside.
- ☐ Pour enough oil into a large frying pan to reach a depth of 2 inches.
- ☐ Heat the oil over medium heat until a deep-fry thermometer registers 350 degrees F.
- ☐ Using a small ice-cream scoop or 2 small spoons, carefully drop about a tablespoon of the dough into the hot oil. Turn the zeppole once or twice, cooking until golden and puffed up, about 5 minutes.
- ☐ Transfer the cooked zeppole to the dish with the Orange Sugar.
- ☐ Roll to coat in the sugar. Continue frying the remaining dough.
- ☐ Heat the cream in a small saucepan until hot but not boiling.
- ☐ Pour cream over the chocolate and stir until the mixture is smooth.
- ☐ Transfer the Chocolate Sauce into a dipping dish.

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Serve the zeppole alongside the Chocolate Sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:66.3, Glycemic Load:43.44, Inflammation Score:-7, Nutrition Score:16.823478315188%

Nutrients (% of daily need)

Calories: 1007.7kcal (50.39%), Fat: 64.24g (98.83%), Saturated Fat: 43.08g (269.25%), Carbohydrates: 95.09g (31.7%), Net Carbohydrates: 91.94g (33.43%), Sugar: 58.33g (64.81%), Cholesterol: 275.41mg (91.8%), Sodium: 464.71mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.85%), Selenium: 28.91µg (41.3%), Vitamin B2: 0.56mg (32.84%), Vitamin A: 1611.53IU (32.23%), Calcium: 241.13mg (24.11%), Folate: 92.86µg (23.21%), Phosphorus: 225.29mg (22.53%), Vitamin B1: 0.33mg (22.12%), Zinc: 2.93mg (19.54%), Vitamin E: 2.67mg (17.8%), Iron: 3.03mg (16.86%), Manganese: 0.31mg (15.36%), Potassium: 506.2mg (14.46%), Vitamin B5: 1.39mg (13.89%), Fiber: 3.16g (12.63%), Vitamin B3: 2.52mg (12.61%), Vitamin K: 13.15µg (12.52%), Vitamin B12: 0.67µg (11.16%), Vitamin D: 1.59µg (10.63%), Copper: 0.19mg (9.71%), Magnesium: 36.88mg (9.22%), Vitamin B6: 0.18mg (9.07%), Vitamin C: 2.59mg (3.14%)