



## Ricotta and Chocolate Chip Cannoli

READY IN



45 min.

SERVINGS



12

CALORIES



1212 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup chocolate chips dark finely chopped
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 6 ounces flour all-purpose
- ☐ 1 pinch ground cinnamon generous
- ☐ 1.5 tablespoons lemon zest
- ☐ 1.5 quarts vegetable oil; peanut oil preferred
- ☐ 1 pound whole-milk ricotta cheese
- ☐ 0.3 cup sugar

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted

## Equipment

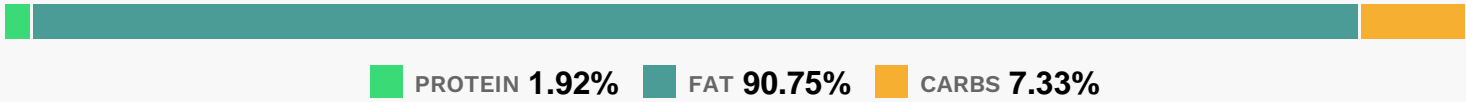
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula
- ☐ dutch oven
- ☐ pastry bag
- ☐ pastry cutter
- ☐ pasta machine

## Directions

- ☐ In the bowl of a stand mixer fitted with the hook attachment, combine flour, egg, egg yolk, butter, and marsala, and mix on low speed 8 to 10 minutes, or until perfectly smooth. Wrap dough in plastic wrap and chill in refrigerator for 2 to 4 hours.
- ☐ Preheat oil to 325°F in large saucepan or Dutch oven. Divide the dough into 3 to 4 small pieces and roll in a pasta machine to the thinnest setting. Spray metal cannoli tubes with non-stick pan spray. Using pastry cutter, cut cannoli dough into rounds and gently wrap around the tubes, using a dab of water or egg whites to seal the edges together. Fry cannoli until deep brown and pastry has nearly stopped bubbling, about 3 minutes.
- ☐ Remove to paper towel-lined plate and allow to rest until cool enough to handle. Carefully slide shells from tubes and let cool completely before filling.
- ☐ Meanwhile, in the bowl of a food processor, combine the ricotta, sugar, lemon zest, cinnamon and salt. Process until perfectly smooth and shiny.
- ☐ Transfer to bowl and fold in chocolate chips with spatula.

- ☐
- Transfer filling into a pastry bag and pipe into cooled shells.
- ☐
- Garnish ends with more chocolate chips or chopped pistachios, if desired.

# Nutrition Facts



## Properties

Glycemic Index:12.51, Glycemic Load:10.73, Inflammation Score:-3, Nutrition Score:8.0326086801031%

## Nutrients (% of daily need)

Calories: 1211.74kcal (60.59%), Fat: 123.47g (189.95%), Saturated Fat: 23.65g (147.83%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 21.67g (7.88%), Sugar: 8.02g (8.91%), Cholesterol: 41.94mg (13.98%), Sodium: 103.39mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Vitamin E: 18.84mg (125.57%), Selenium: 7.32µg (10.46%), Calcium: 91.29mg (9.13%), Vitamin B1: 0.12mg (8.23%), Folate: 31.71µg (7.93%), Vitamin B2: 0.11mg (6.59%), Manganese: 0.11mg (5.62%), Iron: 0.91mg (5.07%), Vitamin B3: 0.92mg (4.61%), Phosphorus: 39.19mg (3.92%), Zinc: 0.47mg (3.11%), Fiber: 0.76g (3.02%), Vitamin B5: 0.23mg (2.3%), Vitamin A: 102.41IU (2.05%), Potassium: 71.86mg (2.05%), Copper: 0.04mg (1.98%), Magnesium: 6.56mg (1.64%), Vitamin K: 1.64µg (1.56%), Vitamin B12: 0.09µg (1.49%), Vitamin B6: 0.03mg (1.47%), Vitamin D: 0.19µg (1.3%), Vitamin C: 1.01mg (1.22%)