



Ricotta Fritters

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin (preferably Tuscan)
- 6 servings onion with thyme
- 1.5 cups whole-milk ricotta cheese fresh

Equipment

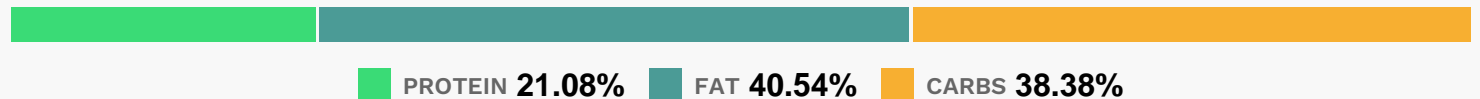
- bowl
- frying pan
- sieve
- wax paper

cheesecloth

Directions

- If using supermarket ricotta, drain in a cheesecloth-lined sieve set over a bowl, covered and chilled, 24 hours.
- Form 1 tablespoon ricotta into a ball and flatten into a 2-inch disk.
- Transfer to a sheet of wax paper. Make more disks with remaining ricotta in same manner.
- Heat a dry large heavy nonstick skillet over moderate heat until hot. Cook ricotta disks until firm enough to turn and undersides are brown in spots, 2 to 4 minutes, then carefully turn and brown other sides, about 2 minutes.
- Transfer fritters to a platter, then drizzle with oil and season with pepper.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:2.1047825950967%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 112.45kcal (5.62%), Fat: 4.72g (7.26%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.12g (3.32%), Sugar: 4.3g (4.78%), Cholesterol: 9.84mg (3.28%), Sodium: 66.87mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Calcium: 111.1mg (11.11%), Vitamin C: 4.07mg (4.93%), Vitamin E: 0.68mg (4.55%), Fiber: 0.94g (3.74%), Manganese: 0.07mg (3.55%), Vitamin B6: 0.07mg (3.3%), Vitamin K: 3.03µg (2.89%), Folate: 10.45µg (2.61%), Potassium: 80.35mg (2.3%), Vitamin B1: 0.03mg (1.69%), Phosphorus: 15.95mg (1.6%), Magnesium: 5.5mg (1.38%), Copper: 0.02mg (1.07%)