



Ricotta Fritters

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup whole-milk ricotta
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 4 cups vegetable oil

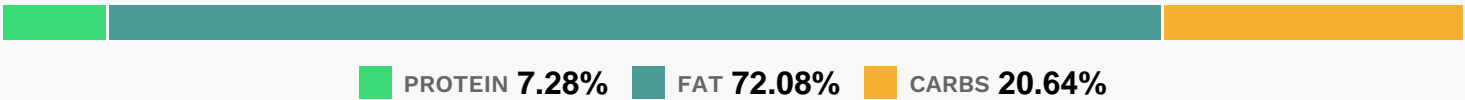
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat 1 1/2 inches oil in a large wide heavy saucepan until it registers 370°F.
- ☐ Meanwhile, whisk together flour, baking powder, zest, and 1/4 teaspoon salt in a bowl.
- ☐ Whisk together ricotta, eggs, granulated sugar, and vanilla in another bowl, then whisk in flour mixture.
- ☐ Working in batches, gently drop in level tablespoons of batter and fry, turning occasionally, until deep golden, about 3 minutes per batch.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Dust generously with confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:1.96, Inflammation Score:-1, Nutrition Score:1.2386956506449%

Nutrients (% of daily need)

Calories: 64.93kcal (3.25%), Fat: 5.14g (7.9%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.23g (1.18%), Sugar: 0.92g (1.03%), Cholesterol: 11.43mg (3.81%), Sodium: 34.75mg (1.51%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.17g (2.33%), Vitamin K: 8.93µg (8.5%), Vitamin E: 0.43mg (2.85%), Calcium: 26.04mg (2.6%), Selenium: 1.74µg (2.49%), Vitamin B2: 0.03mg (1.52%), Folate: 6.08µg (1.52%), Vitamin B1: 0.02mg (1.44%), Phosphorus: 13.2mg (1.32%), Iron: 0.2mg (1.09%)