

Sfinge di Ricotta

READY IN



45 min.

SERVINGS



24

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 4 cups cake flour
- 0.3 cup powdered sugar for decoration
- 4 eggs
- 0.8 cup granulated sugar
- 0.5 cup milk
- 1.5 pounds ricotta cheese
- 1 pinch salt
- 2 tablespoons vanilla extract

1 cup vegetable oil for frying

Equipment

bowl

frying pan

paper towels

slotted spoon

Directions

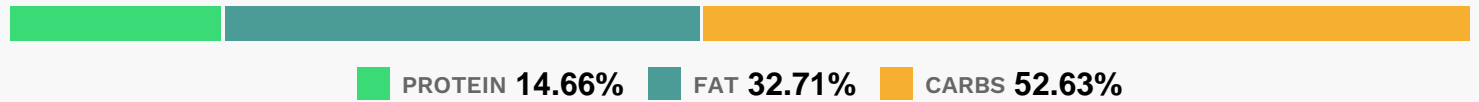
In a large bowl; mix eggs, white sugar, and ricotta cheese until smooth and creamy. Stir in the vanilla and flour. If the batter is dry mix in a little of the milk.

In a frying pan over medium high heat, heat vegetable oil until hot. Drop teaspoonfuls of batter into the hot oil and fry until golden. Turn to cook cookies evenly.

Remove with a slotted spoon and drain cookies on paper towels.

Sprinkle with confectioner's sugar if desired.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:14.52, Inflammation Score:-2, Nutrition Score:4.0978261284206%

Nutrients (% of daily need)

Calories: 187.89kcal (9.39%), Fat: 6.72g (10.34%), Saturated Fat: 3g (18.77%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 23.83g (8.67%), Sugar: 8.42g (9.35%), Cholesterol: 42.35mg (14.12%), Sodium: 56.05mg (2.44%), Alcohol: 0.37g (100%), Alcohol %: 0.59% (100%), Protein: 6.78g (13.56%), Selenium: 14.78µg (21.11%), Phosphorus: 88.37mg (8.84%), Manganese: 0.17mg (8.59%), Calcium: 82.16mg (8.22%), Vitamin B2: 0.11mg (6.52%), Zinc: 0.62mg (4.16%), Vitamin K: 3.75µg (3.57%), Vitamin A: 174.41IU (3.49%), Folate: 13.72µg (3.43%), Vitamin B12: 0.19µg (3.15%), Vitamin B5: 0.28mg (2.83%), Copper: 0.05mg (2.53%), Magnesium: 9.99mg (2.5%), Iron: 0.45mg (2.49%), Vitamin E: 0.34mg (2.28%), Potassium: 70.14mg (2%), Fiber: 0.5g (2%), Vitamin B6: 0.04mg (1.79%), Vitamin B1: 0.03mg (1.75%), Vitamin D: 0.26µg (1.73%), Vitamin B3: 0.25mg (1.27%)