



## Spinach Arancini

READY IN



90 min.

SERVINGS



24

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 cup arborio rice uncooked
- 1 tablespoon butter
- 0.5 cup cooking wine dry white
- 1 eggs
- 0.5 cup flour all-purpose
- 2 cloves garlic finely chopped
- 0.5 inch mozzarella cheese
- 2 tablespoons olive oil extra-virgin
- 1 small onion finely chopped

- 1.5 cups style panko bread crumbs crispy italian progresso®
- 0.5 cup parmigiano-reggiano cheese grated
- 24 servings pepper freshly ground to taste
- 2 cups reduced sodium chicken broth progresso®
- 1 cup spinach leaves fresh chopped
- 24 servings vegetable oil for frying
- 1 tablespoon water

## Equipment

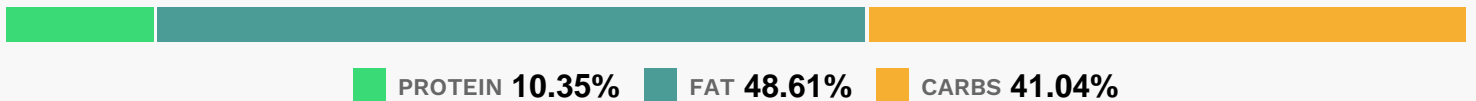
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- baking paper
- plastic wrap
- slotted spoon
- dutch oven

## Directions

- Line cookie sheet with cooking parchment paper. In 3-quart saucepan, heat olive oil over medium-high heat.
- Add onion; cook about 1 minute, stirring frequently.
- Add garlic; cook and stir 5 minutes. Reduce heat to medium. Stir in rice and wine; cook 5 to 10 minutes, stirring frequently, until liquid is absorbed.
- Add 1 cup broth; cook about 10 minutes, stirring occasionally, until broth is absorbed.
- Add remaining 1 cup broth; cook about 10 minutes, stirring occasionally, until broth is absorbed.
- Season with pepper. Stir in spinach, butter and Parmigiano-Reggiano cheese.

- Spread onto cookie sheet. Cover with plastic wrap; refrigerate at least 1 hour 30 minutes or until firm. (
- Mixture can be refrigerated overnight.)
- On cookie sheet, shape rice mixture into 12x8-inch rectangle.
- Cut into 6 rows by 4 rows to make 24 squares.
- Place 1 mozzarella cheese cube in center of each square; shape rice around cheese cubes to make balls.
- Place flour and bread crumbs in separate bowls. In another bowl, beat egg and water until blended. Coat each ball with flour, then dip into egg mixture and coat with bread crumbs.
- Place coated balls on unlined cookie sheet; refrigerate 30 minutes.
- Line platter or shallow pan with paper towels. In 4-quart Dutch oven, heat about 2 inches vegetable oil to 350 degrees F. Fry 8 balls at a time 3 to 4 minutes, turning once, until golden brown. With slotted spoon, remove balls from Dutch oven to towel-lined platter to drain.
- Serve hot.

## Nutrition Facts



### Properties

Glycemic Index:16.54, Glycemic Load:5.49, Inflammation Score:-3, Nutrition Score:3.4778260744136%

### Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

### Nutrients (% of daily need)

Calories: 106.19kcal (5.31%), Fat: 5.55g (8.54%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 10.02g (3.65%), Sugar: 0.47g (0.52%), Cholesterol: 9.53mg (3.18%), Sodium: 75mg (3.26%), Alcohol: 0.51g (100%), Alcohol %: 1.05% (100%), Protein: 2.66g (5.32%), Vitamin K: 12.43µg (11.84%), Manganese: 0.16mg (7.79%), Folate: 27.3µg (6.82%), Vitamin B1: 0.1mg (6.45%), Selenium: 3.89µg (5.56%), Vitamin B3: 0.96mg (4.79%),

Phosphorus: 42.15mg (4.22%), Iron: 0.73mg (4.07%), Calcium: 37.61mg (3.76%), Vitamin B2: 0.06mg (3.35%),  
Vitamin A: 158.95IU (3.18%), Vitamin E: 0.47mg (3.11%), Copper: 0.04mg (2.18%), Fiber: 0.52g (2.09%), Zinc: 0.27mg  
(1.77%), Vitamin B6: 0.04mg (1.76%), Magnesium: 7mg (1.75%), Vitamin B5: 0.16mg (1.6%), Potassium: 53.55mg  
(1.53%), Vitamin B12: 0.08µg (1.27%)