

Spinach Arancini

READY IN



325 min.

SERVINGS



20

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 2 tablespoons butter
- ☐ 4 cups chicken broth
- ☐ 2 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 8 ounces mozzarella cheese cut into 1/2 inch cubes
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion minced

- ☐ 1.5 cups parmesan cheese grated
- ☐ 0.5 teaspoon saffron threads crumbled
- ☐ 20 servings sea salt and pepper to taste
- ☐ 2 cups seasoned bread crumbs
- ☐ 2 cups pkt spinach fresh chopped
- ☐ 20 servings vegetable oil for deep frying
- ☐ 1 cup white wine

Equipment

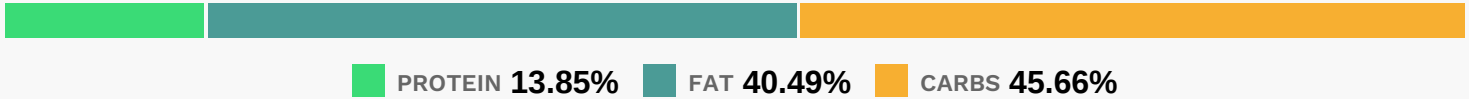
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Bring 4 cups chicken broth and saffron threads to a boil in a saucepan over high heat. Stir in Arborio rice, return to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, yet still a little firm, about 16 minutes.
- ☐ Heat olive oil in a large saucepan over medium heat. Stir in onion, and cook for one minute, then stir in garlic, and continue cooking until the onion has softened and turned translucent, about 3 minutes. Stir in wine, spinach, and butter, and bring to a boil. Reduce heat to medium-low, and fold in cooked rice and Parmesan cheese; cook a few minutes until the mixture is a little stiff.
- ☐ Spread onto a baking sheet, and cool in the refrigerator until completely cold, 4 hours to overnight.
- ☐ Once the rice mixture has cooled, form the arancini by enclosing a cube of mozzarella cheese in about 3 tablespoons of the rice to form a 1 inch ball; set aside. When you have finished making the balls, place flour, eggs, and bread crumbs into separate, shallow bowls. One-by-one, gently roll the arancini in the flour to coat, then shake off excess. Dip into beaten egg, then roll in bread crumbs; set aside.
- ☐ Heat the oil in a deep-fryer or electric skillet to 350 degrees F (175 degrees C).

- ☐ Deep fry the arancini 5 or 6 at a time in the hot oil until golden brown, about 4 minutes. Be sure to roll the arancini around with a metal spoon as they cook so they are evenly browned on all sides.
- ☐ Drain on paper towels, and serve hot.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:16.58, Inflammation Score:-6, Nutrition Score:10.669565299283%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 291.93kcal (14.6%), Fat: 12.66g (19.48%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.62g (11.13%), Sugar: 1.43g (1.59%), Cholesterol: 35.92mg (11.97%), Sodium: 749.8mg (32.6%), Alcohol: 1.24g (100%), Alcohol %: 1.05% (100%), Protein: 9.75g (19.49%), Vitamin K: 27.4µg (26.09%), Selenium: 15.71µg (22.44%), Manganese: 0.45mg (22.41%), Vitamin B1: 0.32mg (21.45%), Folate: 82.16µg (20.54%), Calcium: 158.69mg (15.87%), Phosphorus: 153.53mg (15.35%), Vitamin B2: 0.23mg (13.79%), Iron: 2.15mg (11.94%), Vitamin B3: 2.26mg (11.31%), Vitamin A: 505.85IU (10.12%), Zinc: 1.22mg (8.11%), Vitamin B12: 0.45µg (7.55%), Fiber: 1.51g (6.06%), Vitamin E: 0.88mg (5.84%), Magnesium: 21.88mg (5.47%), Copper: 0.1mg (5.06%), Vitamin B6: 0.09mg (4.68%), Vitamin B5: 0.45mg (4.53%), Potassium: 124.99mg (3.57%), Vitamin C: 1.72mg (2.08%), Vitamin D: 0.17µg (1.14%)