



food
network

Spinach Arancini

READY IN



330 min.

SERVINGS



7

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 7 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 cloves garlic finely minced
- ☐ 1 cup mozzarella cubes
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion finely minced

- ☐ 1.5 cups parmigiano-reggiano grated
- ☐ 7 servings grey salt
- ☐ 2 cups seasoned bread crumbs
- ☐ 2 cups pkt spinach chopped
- ☐ 4 cups vegetable broth
- ☐ 7 servings vegetable oil for frying
- ☐ 1 cup white wine

Equipment

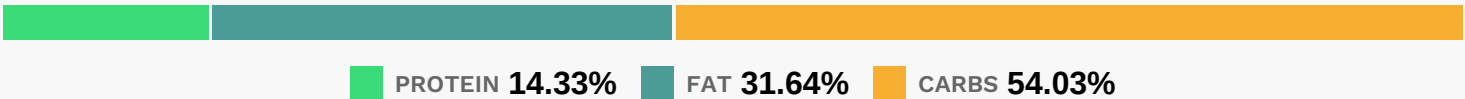
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ baking paper
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ In large, deep saucepan over medium-high heat, add the olive oil.
- ☐ Add the onions and saute for about 1 minute.
- ☐ Add the garlic stir. After another 5 minutes, add the rice and white wine and a pinch of salt stir and allow to cook down for about 5 to 10 minutes.
- ☐ Add 2 (8-ounce) ladles of broth. Allow to absorb into rice for about 10 minutes, stirring, then add another 2 (8-ounce ladles) of broth and allow that to absorb for about 10 minutes. Season with freshly ground black pepper, to taste.
- ☐ Add spinach to broth and rice and stir in with sweet butter.
- ☐ Add 1 cup of the Parmigiano. When all ingredients are hot and mixed, pour and spread onto a parchment lined cookie sheet to cool. Once cool, cover with a layer of plastic wrap to avoid

- skin forming and refrigerate until completely cooled and firm. Refrigerate overnight if necessary.
- ☐ When completely cooled, cover rice and spinach with remaining 1/2 cup Parmigiano. With hands, roll into 1 1/2-inch balls. With fingers, make a small hole in the rice ball's center and insert 1 small cube of mozzarella, and cover with more rice.
 - ☐ Place flour, beaten eggs, and seasoned bread crumbs in separate bowls. Coat each ball with flour, then with whisked egg, then with seasoned breadcrumbs. Repeat with all rice balls and lay the coated balls on a cookie tray and refrigerate until ready to fry.
 - ☐ In a heavy large pan, heat vegetable oil to 350 degrees F.
 - ☐ Fry the balls, in batches, until golden brown.
 - ☐ Remove each ball with a slotted spoon and place on parchment paper or paper towel lined cookie sheet to dry.
 - ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:59.29, Glycemic Load:48.14, Inflammation Score:-9, Nutrition Score:26.419565003851%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 701.05kcal (35.05%), Fat: 23.58g (36.28%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 90.61g (30.2%), Net Carbohydrates: 86.26g (31.37%), Sugar: 4.76g (5.29%), Cholesterol: 79mg (26.33%), Sodium: 1798.79mg (78.21%), Alcohol: 3.53g (100%), Alcohol %: 1.17% (100%), Protein: 24.04g (48.08%), Vitamin K: 68.14µg (64.89%), Manganese: 1.21mg (60.26%), Vitamin B1: 0.88mg (58.93%), Folate: 232.7µg (58.17%), Selenium: 36.15µg (51.65%), Calcium: 348.91mg (34.89%), Iron: 6.09mg (33.85%), Phosphorus: 331.59mg (33.16%), Vitamin B3: 6.18mg (30.9%),

Vitamin A: 1492.12IU (29.84%), Vitamin B2: 0.5mg (29.2%), Fiber: 4.35g (17.41%), Magnesium: 56.77mg (14.19%), Zinc: 2.1mg (13.98%), Copper: 0.26mg (13.25%), Vitamin B6: 0.26mg (12.88%), Vitamin E: 1.9mg (12.68%), Vitamin B5: 1.27mg (12.65%), Potassium: 289.72mg (8.28%), Vitamin B12: 0.5µg (8.26%), Vitamin C: 4.9mg (5.94%), Vitamin D: 0.36µg (2.39%)