



Struffoli

 Vegetarian

READY IN

ready

252 min.

SERVINGS

servings

10

CALORIES

calories

496 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 10 servings canola oil for frying
- ☐ 3 large eggs
- ☐ 2 cups flour for dusting
- ☐ 1.5 cups hazelnuts toasted see Cook's Note
- ☐ 1 cup honey
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest

- ☐ 2 teaspoons orange zest
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 10 servings sugar sprinkles for decoration
- ☐ 2 ounces butter unsalted cut into 1/2-inch pieces, at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 tablespoon white wine such as pinot grigio

Equipment

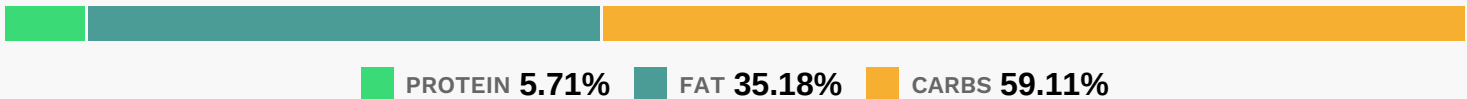
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ plastic wrap
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ For the dough: In the bowl of a food processor, pulse together 2 cups of flour, lemon zest, orange zest, sugar, salt, and baking powder.
- ☐ Add the butter and pulse until the mixture resembles a coarse meal.
- ☐ Add the eggs, wine, and vanilla. Pulse until the mixture forms into a ball. Wrap the dough in plastic wrap and refrigerate for 30 minutes.
- ☐ Cut the dough into 4 equal-sized pieces. On a lightly floured surface, roll out each piece of dough until 1/4-inch thick.
- ☐ Cut each piece of dough into 1/2-inch wide strips.
- ☐ Cut each strip of pastry into 1/2-inch pieces.

- ☐ Roll each piece of dough into a small ball about the size of a hazelnut. Lightly dredge the dough balls in flour, shaking off any excess. In a large heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 375 degrees F. (If you don't have a thermometer a cube of bread will brown in about 3 minutes.). In batches, fry the dough until lightly golden, about 2 to 3 minutes.
- ☐ Transfer to a paper towel-lined plate to drain. (The rested and quartered dough can also be rolled on a floured work surface into 1/2-inch thick logs and cut into equal-sized 1/2-inch pieces. The dough pieces can then be rolled into small balls and fried as above).
- ☐ In a large saucepan, combine the honey, sugar, and lemon juice over medium heat. Bring to a boil and cook, stirring occasionally, until the sugar is dissolved, about 3 minutes.
- ☐ Remove the pan from the heat.
- ☐ Add the fried dough and hazelnuts and stir until coated in the honey mixture. Allow the mixture to cool in the pan for 2 minutes.
- ☐ Spray the outside of a small, straight-sided water glass with vegetable oil cooking spray and place in the center of a round platter. Using a large spoon or damp hands, arrange the struffoli and hazelnuts around the glass to form a wreath shape.
- ☐ Drizzle any remaining honey mixture over the struffoli. Allow to set for 2 hours (can be made 1 day in advance). Decorate with sprinkles and dust with powdered sugar, if using.
- ☐ Remove the glass from the center of the platter and serve.

Nutrition Facts



Properties

Glycemic Index:44.45, Glycemic Load:46.45, Inflammation Score:-4, Nutrition Score:12.261739285096%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg,

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 495.85kcal (24.79%), Fat: 20.1g (30.93%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 76g (25.33%), Net Carbohydrates: 73.42g (26.7%), Sugar: 54.39g (60.44%), Cholesterol: 67.99mg (22.66%), Sodium: 151mg (6.57%), Alcohol: 0.3g (100%), Alcohol %: 0.26% (100%), Protein: 7.34g (14.68%), Manganese: 1.32mg (65.8%), Vitamin E: 3.5mg (23.32%), Vitamin B1: 0.32mg (21.29%), Selenium: 14µg (20%), Copper: 0.37mg (18.63%), Folate: 74.46µg (18.62%), Vitamin B2: 0.23mg (13.73%), Iron: 2.44mg (13.58%), Phosphorus: 114.08mg (11.41%), Fiber: 2.58g (10.31%), Magnesium: 37.75mg (9.44%), Vitamin B3: 1.86mg (9.31%), Vitamin B6: 0.15mg (7.42%), Zinc: 0.9mg (5.97%), Potassium: 193.02mg (5.51%), Vitamin B5: 0.54mg (5.39%), Vitamin K: 5.07µg (4.83%), Vitamin A: 228.26IU (4.57%), Calcium: 43.58mg (4.36%), Vitamin C: 2.94mg (3.57%), Vitamin D: 0.38µg (2.57%), Vitamin B12: 0.14µg (2.39%)