



Stuffed Neole: Neole Rapiene

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1076 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted finely
- ☐ 0.3 pound bittersweet chocolate finely chopped
- ☐ 3 cups cooking wine dry white
- ☐ 6 eggs
- ☐ 0.3 cup very strong espresso
- ☐ 4 cups flour all-purpose
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 2 cups orange marmalade

- ☐ 6 tablespoons sugar plus more for garnish
- ☐ 1 pinch aniseeds
- ☐ 0.3 cup anisette
- ☐ 1 pinch aniseeds
- ☐ 0.3 cup anisette

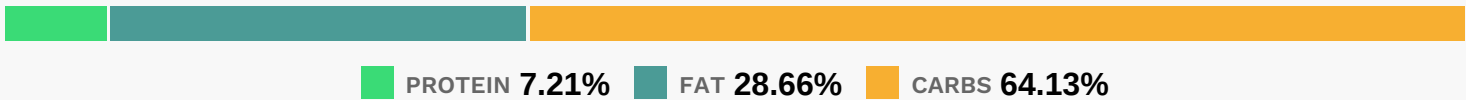
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ pastry bag

Directions

- ☐ In a medium bowl, combine the marmalade, chocolate, anisette, espresso, and almonds.
- ☐ Mix well and transfer to a pastry bag. Set aside.
- ☐ Bring a large pot of water to a boil over high heat.
- ☐ In a large bowl, beat the eggs with a whisk and add the sugar, oil, wine, and aniseed.
- ☐ Mix well, then gradually add the flour and mix and knead to form a smooth, soft dough.
- ☐ Roll out to the thickness of a finger, and cut into 1-inch lengths about the width of a finger.
- ☐ Once the water is boiling, add the dough lengths to the water and boil until they are firm and white.
- ☐ Remove with a slotted spoon, pat dry and, before the lengths completely dry, stuff each piece of dough with some of the marmalade mixture using the pastry bag.
- ☐ Sprinkle with sugar and serve.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:54.96, Inflammation Score:-8, Nutrition Score:25.750000165856%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1076.32kcal (53.82%), Fat: 32.24g (49.61%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 162.35g (54.12%), Net Carbohydrates: 156.35g (56.85%), Sugar: 84.97g (94.41%), Cholesterol: 164.81mg (54.94%), Sodium: 133.67mg (5.81%), Alcohol: 12.36g (100%), Alcohol %: 3.72% (100%), Caffeine: 37.1mg (12.37%), Protein: 18.25g (36.5%), Selenium: 44.67µg (63.81%), Manganese: 1.27mg (63.53%), Vitamin B2: 0.82mg (48.37%), Vitamin B1: 0.71mg (47.58%), Folate: 189.32µg (47.33%), Vitamin E: 5.76mg (38.37%), Iron: 6.85mg (38.08%), Vitamin B3: 6.24mg (31.2%), Phosphorus: 310.13mg (31.01%), Copper: 0.62mg (30.84%), Magnesium: 111.05mg (27.76%), Fiber: 6g (23.99%), Zinc: 2.22mg (14.78%), Potassium: 480.75mg (13.74%), Calcium: 132.7mg (13.27%), Vitamin B5: 1.22mg (12.25%), Vitamin B6: 0.21mg (10.73%), Vitamin K: 10.66µg (10.15%), Vitamin B12: 0.43µg (7.09%), Vitamin A: 313.3IU (6.27%), Vitamin C: 5.14mg (6.23%), Vitamin D: 0.88µg (5.87%)