



Tuna and Ricotta Fritters (Polpette di Tonno e Ricotta)

READY IN



100 min.

SERVINGS



6

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds baking potatoes
- 1 cup bread crumbs fresh
- 2 cans tuna
- 3 eggs separated
- 1 cup flour
- 1 bunch marjoram fresh
- 1 cup ricotta fresh
- 2 cups olive oil for frying extra-virgin

6 servings salt and pepper

Equipment

- bowl
- frying pan
- paper towels
- knife
- pot
- slotted spoon

Directions

- In a large pasta pot, bring 8 quarts of water to a boil.
- Add the potatoes and cook until easily pierced with the point of a paring knife, about 25 minutes.
- Drain, peel, and, while still warm, pass potatoes through a food mill.
- Place in a large bowl and immediately add the tuna, ricotta, marjoram, and salt and pepper to taste.
- Add the egg yolks and mix well to combine. Using tablespoons, form the mixture into golf-ball sized balls and set on a sheet tray.
- In a large, heavy-bottomed skillet, heat the oil until almost smoking. While the oil heats, place the flour on a plate, egg whites in a shallow bowl and the bread crumbs on a plate. Dredge the balls first in the flour, then the egg whites, then the bread crumbs and fry in the olive oil until golden brown on all sides.
- Remove balls from pan with a slotted spoon and let drain on a plate lined with paper towels.
- Serve immediately.

Nutrition Facts



PROTEIN **19.01%** FAT **38.82%** CARBS **42.17%**

Properties

Glycemic Index:36.46, Glycemic Load:33.38, Inflammation Score:-7, Nutrition Score:27.894782605379%

Flavonoids

Apigenin: 10.12mg, Apigenin: 10.12mg, Apigenin: 10.12mg, Apigenin: 10.12mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 549.74kcal (27.49%), Fat: 23.71g (36.47%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 57.93g (19.31%), Net Carbohydrates: 54.44g (19.8%), Sugar: 2.34g (2.6%), Cholesterol: 123.32mg (41.11%), Sodium: 526.49mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.24%), Selenium: 63.38µg (90.54%), Vitamin K: 89.81µg (85.53%), Vitamin B3: 9.73mg (48.65%), Vitamin B6: 0.79mg (39.66%), Vitamin B1: 0.5mg (33.12%), Phosphorus: 324.57mg (32.46%), Vitamin B12: 1.86µg (30.93%), Manganese: 0.57mg (28.61%), Iron: 5mg (27.76%), Vitamin B2: 0.46mg (26.91%), Folate: 103.21µg (25.8%), Potassium: 887.6mg (25.36%), Vitamin C: 14.82mg (17.97%), Vitamin E: 2.61mg (17.43%), Magnesium: 69.66mg (17.41%), Calcium: 170.5mg (17.05%), Vitamin A: 729.67IU (14.59%), Copper: 0.29mg (14.52%), Fiber: 3.49g (13.97%), Zinc: 2.03mg (13.55%), Vitamin B5: 1.17mg (11.74%), Vitamin D: 1.2µg (8.02%)