



Zeppole with Chocolate Sauce

READY IN



45 min.

SERVINGS



50

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon yeast dry (from 1 envelope)
- ☐ 8 ounces bittersweet chocolate 70% chopped
- ☐ 2 cups bread flour
- ☐ 2 large eggs
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 cup honey
- ☐ 1.5 teaspoons lemon zest
- ☐ 50 servings powdered sugar
- ☐ 0.8 teaspoon sea salt fine

- ☐ 3 tablespoons sugar
- ☐ 0.8 cup butter unsalted cut into cubes room temperature ()
- ☐ 50 servings vegetable oil for deep-frying
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ stand mixer
- ☐ slotted spoon

Directions

- ☐ Put chocolate in a medium bowl. Stir cream and honey in a small saucepan over medium heat until mixture starts to bubble; pour over chocolate and whisk until smooth. Keep warm. DO AHEAD: Can be made 3 days ahead. Cover and chill. Rewarm before using.
- ☐ In the bowl of a stand mixer fitted with a paddle, combine flour and next 6 ingredients. Beat at low speed until dough forms. Gradually add butter, beating until absorbed between additions and occasionally scraping down sides of bowl. Increase speed to medium and beat until smooth and glossy, about 3 minutes. Scrape dough from paddle and sides of bowl. Cover with plastic wrap; let rise for 2 hours.
- ☐ Pour enough oil into a deep, heavy 5-quart pot to reach a depth of 1 1/2". Attach a deep-fry thermometer to side of pot and heat oil over medium heat until it reaches 325°F. Working in batches, drop dough into oil by heaping teaspoonfuls (about 1"-diameter rounds). Cook, turning occasionally, until zeppole are golden and cooked, about 4 minutes per batch. Using a slotted spoon, transfer zeppole to paper towels; drain. Sift powdered sugar over zeppole or put sugar in a paper bag and add zeppole; shake gently to coat.
- ☐ Serve with sauce for dipping.

Nutrition Facts



 PROTEIN 2.18%  FAT 72.24%  CARBS 25.58%

Properties

Glycemic Index:4.55, Glycemic Load:3.62, Inflammation Score:-2, Nutrition Score:3.1526086621958%

Nutrients (% of daily need)

Calories: 252.22kcal (12.61%), Fat: 20.58g (31.65%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.89g (5.78%), Sugar: 11.88g (13.2%), Cholesterol: 20.7mg (6.9%), Sodium: 41.13mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.4g (2.8%), Vitamin K: 26.49µg (25.23%), Vitamin E: 1.34mg (8.91%), Manganese: 0.1mg (5.12%), Selenium: 3.27µg (4.68%), Copper: 0.07mg (3.49%), Vitamin A: 172.21IU (3.44%), Phosphorus: 27.02mg (2.7%), Magnesium: 10.24mg (2.56%), Iron: 0.39mg (2.16%), Fiber: 0.51g (2.02%), Vitamin B2: 0.03mg (1.89%), Zinc: 0.22mg (1.48%), Vitamin D: 0.19µg (1.29%), Potassium: 44.08mg (1.26%), Calcium: 11.95mg (1.19%)