

Ricotta Fritters (Polpette di Ricotta)

Yield: 20 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/ravioli-di-ricotta-tutto-italian-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic smashed
- 1/2 teaspoon crushed red chile flakes
- 14 ounces crushed tomatoes
- 6 basil leaves torn in half
- kosher salt
- ground black pepper
- 1 cup ricotta homemade or store-bought
- 1 cup fresh bread crumbs
- 1/2 cup grated pecorino
- 1/3 cup mozzarella grated
- 1 teaspoon flat leaf parsley leaves finely chopped
- 1/2 teaspoon grated lemon zest
- 1/8 teaspoon grated nutmeg freshly
- 3 egg yolks plus 2 eggs
- 4 ounces prosciutto thinly sliced, finely chopped
- 1/4 cup flour
- 1/2 cup dried bread crumbs
- canola oil for frying

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 45 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 5 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 250 milligrams
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