

# Arangini (Italian Rice Balls)

Yield: 24 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-rice-balls-recipe>

## Ingredients:

- 3 3/4 cups water
- 1 1/3 cups brown rice uncooked
- 2 cloves garlic
- 1 bay leaf
- 1/4 teaspoon salt
- 4 ounces prosciutto thinly sliced, chopped
- 4 ounces mozzarella cheese diced
- 1/4 cup fresh basil chopped
- 3 teaspoons extra-virgin olive oil divided
- 5 egg whites divided
- 3 tablespoons grated Parmesan cheese freshly
- 1 cup dry bread crumbs
- 3 cups vegetable oil for frying

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 30 grams
5. Protein: 4 grams
6. SaturatedFat: 3 grams
7. Sodium: 180 milligrams
8. TransFat: 1 grams

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