

Chiacchiere (mardi gras fritters) in lipidomic key

NUTRI-lipidomics

Molecular nutrition and healthy diet



New lipidomic recipe for Carnival

Chiacchiere, also called frappe or crostoli, are a poor cake for simplicity and number of ingredients. The origin dates back to ancient Rome where, on the occasion of the Saturnali, sweets made of flour and eggs were prepared and fried in pork fat (were called *frittilia*).

The basic recipe has not changed much apart from typical regional variations such as the means of frying, which has passed from lard to various types of vegetable oils, or Marsala used to flavor and make crumbly the sheet of pasta that can be replaced by white wine, grappa or vinsanto.

Recipe

Ingredients (serves 8):

- 125 g soft wheat flour type 2
- 20 g honey
- 15 g Marsala
- 20 g extra virgin olive oil
- 1 egg
- 5 g lemon zest
- 5 g baking powder (for sweets)
- 1 teaspoon of organic powdered coconut sugar



Preparation:

Pour out the flour on a pastry board, add baking powder, grated lemon zest, honey, olive oil, egg. Mix everything with your hands and add Marsala until the ingredients are well mixed. Leave the covered dough to rest in the fridge for about 40 minutes.

After the resting time, put the dough on the pastry board and roll out a 2-3 mm thick sheet of dough. Using a festooned wheel, cut out some rectangles, creating another cut in the centre.

Place the rectangles in a baking sheet and bake at 150° C until golden brown. Place on a plate and sprinkle with powdered coconut sugar.

Nutritional values per recipe:

gramm	250
Calories	814
Carbohydrates	113,4
Sugars	23,6
Total fats	27,6
Saturated fats	5
Monounsaturated fats	16,8

Polyunsaturated fats	3,24
Cholesterol	0,21
Fiber	8,63
Proteins	22,2
Salt	0,53
Alcohol	2,1

Nutritional values per portion (30g):

gramm	30
Calories	97
Carbohydrates	13,6
Sugars	2,83
Total fats	3,31
Saturated fats	0,6
Monounsaturated fats	2,02
Polyunsaturated fats	0,38
Cholesterol	0,03
Fiber	1,03
Proteins	2,66
Salt	0,06
Alcohol	0,25

Source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24 (<http://ndb.nal.usda.gov/>).

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The diet advise, written in the article, are not intended to be a substitute for a personal nutrition plan and should be adapted to specific cases.

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