Classic Cannoli

www.GalbaniCheese.com

Servings: 18

32 ounces ricotta cheese
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
8 ounces semi-sweet mint chocolate
chips

18 cannoli shells

In a bowl, mix the ricotta cheese, sugar, vanilla and chocolate chips.

Using a spoon or pastry bag, fill the shells with the cheese mixture.

Serve immediately so that the shells remain crisp.

Per Serving (excluding unknown items): 127 Calories; 7g Fat (46.1% calories from fat); 6g Protein; 12g Carbohydrate; 0g Dietary Fiber; 26mg Cholesterol; 42mg Sodium. Exchanges: 1 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Desserts

Dar Camina Mutritional Analysis

	407	\"\"\"\"\"\"\"\"\"\"\"\"\"\"\"\"\"\"\"	1
Calories (kcal):	127	Vitamin B6 (mg):	trace
% Calories from Fat:	46.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	36.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	6mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
(0)	. •	Caffeine (mg):	0mg
Monounsaturated Fat (g):	2g	Alcohol (kcal):	1
Polyunsaturated Fat (g):	trace	% Dafusa	በ በ%
Cholesterol (mg):	26mg		
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1
Sodium (mg):	42mg	Vegetable:	0
Potassium (mg):	53mg	Fruit:	0
Calcium (mg):	104mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1

Other Carbohydrates:	1/2
----------------------	-----

 Zinc (mg):
 1mg

 Vitamin C (mg):
 0mg

 Vitamin A (i.u.):
 247IU

 Vitamin A (r.e.):
 74RE

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving			
Calories 127	Calories from Fat: 59		
	% Daily Values*		
Total Fat 7g	10%		
Saturated Fat 4g	21%		
Cholesterol 26mg	9%		
Sodium 42mg	2%		
Total Carbohydrates 12g	4%		
Dietary Fiber 0g	0%		
Protein 6g			
Vitamin A	5%		
Vitamin C	0%		
Calcium	10%		
Iron	1%		

^{*} Percent Daily Values are based on a 2000 calorie diet.