

Cannoli Bites

www.GalbaniCheese.com

28 to 32 ounces ricotta cheese
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
30 mini phyllo shells (or 18 cannoli shells)
8 ounces semi-sweet mini chocolate chips

In a bowl, mix the cheese, sugar and vanilla.

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

Sprinkle mini chocolate chips on top.

Serve immediately so that the shells stay crispy.

Per Serving (excluding unknown items): 12693 Calories; 894g Fat (63.3% calories from fat); 775g Protein; 390g Carbohydrate; 0g Dietary Fiber; 3485mg Cholesterol; 5794mg Sodium. Exchanges: 110 Lean Meat; 110 Fat; 12 Other Carbohydrates.

Appetizers, Desserts

Per Serving Nutritional Analysis

Calories (kcal):	12693	Vitamin B6 (mg):	2.8mg
% Calories from Fat:	63.3%	Vitamin B12 (mcg):	23.2mcg
% Calories from Carbohydrates:	12.3%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	24.4%	Riboflavin B2 (mg):	13.2mg
Total Fat (g):	894g	Folacin (mcg):	840mcg
Saturated Fat (g):	571g	Niacin (mg):	7mg
Monounsaturated Fat (g):	250g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	26g	Alcohol (kcal):	13
Cholesterol (mg):	3485mg	% Refuse:	n n%
Carbohydrate (g):	390g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	775g	Lean Meat:	110
Sodium (mg):	5794mg	Vegetable:	0
Potassium (mg):	7208mg	Fruit:	0
Calcium (mg):	14260mg	Non-Fat Milk:	0
Iron (mg):	26mg	Fat:	110

Zinc (mg): 80mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 33751IU
Vitamin A (r.e.): 10125 1/2RE

Other Carbohydrates: 12

Nutrition Facts

Amount Per Serving

Calories 12693 Calories from Fat: 8039

% Daily Values*

Total Fat	894g	1376%
Saturated Fat	571g	2856%
Cholesterol	3485mg	1162%
Sodium	5794mg	241%
Total Carbohydrates	390g	130%
Dietary Fiber	0g	0%
Protein	775g	

Vitamin A	675%
Vitamin C	0%
Calcium	1426%
Iron	145%

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