



# PROGETTO “CLIL-ÉMILE”



## *Cannateddi*

recipe for cannateddi



# recipe



(biscuits with hard-boiled eggs)

- FLOUR FOR DESSERTS GR. 500, • LARD GR. 125, • SUGAR GR. 150, • AMMONIA GR. 5, • WATER TO TASTE, • HARD-BOILED EGGS TO TASTE

MIX THE FLOUR WITH THE LARD, SUGAR, AMMONIA AND A LITTLE WATER. KNEAD THE DOUGH WELL AND, WHEN IT IS SMOOTH, DIVIDE IT INTO MANY PIECES THAT WILL BE USED TO FORM LITTLE LAMBS IN WHOSE BELLY WILL BE PLACED A HARD-BOILED EGG WITH ALL THE SHELL. BRUSH THEM WITH BEATEN EGG, PLACE THEM IN A PAN PREVIOUSLY GREASED WITH OIL AND BAKE AT HIGH TEMPERATURE.

## nutritional values

- 100 g of flour 00 = 366 calories, 85.9% carbohydrates, 10.8% proteins, 3.4% fats.
- 100 g of Sugar = 392kcl
- 100g of Lard = 898kcl, 100g of fat
- 100 g of Ammonia = 0 kcl, - fat (the calories of the ingredient Ammonia for sweets can vary according to various factors, such as the type of production and freshness)
- 100g eggs = 155kcl, 11g fat



## Tips for healthy eating

we can use timilia flour, fresh or locally produced lard, raw cane sugar, fresh eggs.

