



Apple, Cheddar and Bacon Fritters in Caramel Sauce

 Gluten Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound apples shredded cored peeled
- 1 cup aged cheddar cheese shredded
- 0.3 teaspoon cinnamon
- 4 strips bacon crumbled cooked
- 1 teaspoon dijon mustard
- 1 large eggs
- 0.3 cup flour (or rice flour)

- 1 tablespoon juice of lemon
- 4 servings oil for shallow frying
- 4 servings salt and pepper to taste

Equipment

- frying pan
- paper towels
- kitchen towels

Directions

- Squeeze as much excess liquid from the shredded apples as you can in a tea towel. (Reserve and enjoy the fresh apple juice!)
- Mix everything except the frying oil.
- Heat the oil in a pan over medium heat, add heaping tablespoons of the apple mixture, forming patties and fry until golden brown, about 2–4 minutes per side, before setting aside on paper towels to drain.

Nutrition Facts



PROTEIN 11.85% **FAT 63.1%** **CARBS 25.05%**

Properties

Glycemic Index:41, Glycemic Load:9.61, Inflammation Score:-4, Nutrition Score:9.7595652290013%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin:

4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 391.8kcal (19.59%), Fat: 27.99g (43.06%), Saturated Fat: 7.88g (49.26%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 21.91g (7.97%), Sugar: 12.06g (13.4%), Cholesterol: 82.67mg (27.56%), Sodium: 545.63mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Selenium: 17.83µg (25.47%), Calcium: 217.8mg (21.78%), Phosphorus: 209.18mg (20.92%), Vitamin E: 3.05mg (20.36%), Vitamin B2: 0.23mg (13.72%), Vitamin K: 13.25µg (12.62%), Fiber: 3.09g (12.37%), Zinc: 1.58mg (10.54%), Manganese: 0.2mg (9.79%), Vitamin B6: 0.18mg (8.82%), Vitamin A: 416.24IU (8.32%), Vitamin B12: 0.5µg (8.3%), Vitamin C: 6.68mg (8.09%), Vitamin B1: 0.09mg (6.29%), Vitamin B3: 1.24mg (6.19%), Potassium: 214.17mg (6.12%), Vitamin B5: 0.56mg (5.58%), Magnesium: 21.68mg (5.42%), Folate: 16.45µg (4.11%), Copper: 0.07mg (3.62%), Iron: 0.55mg (3.03%), Vitamin D: 0.45µg (3.01%)