



Apple Cinnamon Fritters



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



22

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 serving vegetable oil for deep frying
- 0.5 cup water cold
- 1 eggs
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1.8 cups apples i use 2 granny smith apples unpeeled chopped
- 0.3 cup powdered sugar
- 2 cups frangelico

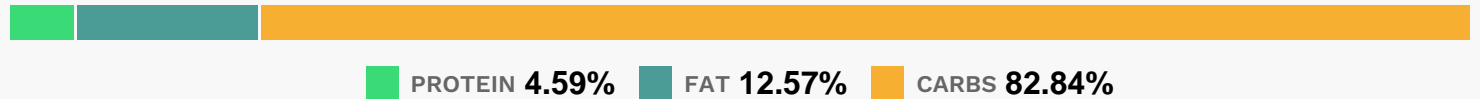
Equipment

- bowl
- paper towels
- sauce pan
- slotted spoon
- deep fryer

Directions

- In deep fryer or 4-quart heavy saucepan, heat oil to 350°F.
- In large bowl, stir Bisquick mix, water, egg, granulated sugar and cinnamon. Fold in apple. Working in batches, drop batter by tablespoonfuls into hot oil. Cook 2 to 3 minutes, turning occasionally, or until golden brown. Use a metal slotted spoon to remove fritters from oil; drain on paper towels.
- Before serving, sprinkle fritters with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:4.87, Glycemic Load:1.95, Inflammation Score:-1, Nutrition Score:0.41521739425219%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 23.43kcal (1.17%), Fat: 0.34g (0.53%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.8g (1.74%), Sugar: 4.65g (5.16%), Cholesterol: 7.44mg (2.48%), Sodium: 3.27mg (0.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Fiber: 0.29g (1.15%)