



## Apple Cinnamon Fritters

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



22

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

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

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 350F.

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



**PROTEIN 2.32%** **FAT 55.84%** **CARBS 41.84%**

## Properties

Glycemic Index:4.87, Glycemic Load:1.95, Inflammation Score:-1, Nutrition Score:0.68304348234897%

## 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: 47.06kcal (2.35%), Fat: 3.02g (4.64%), Saturated Fat: 0.49g (3.08%), 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: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin K: 5.4µg (5.15%), Vitamin E: 0.27mg (1.8%), Fiber: 0.29g (1.15%)