



Apple Fritters

READY IN



45 min.

SERVINGS



36

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups cooking apple diced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 36 servings powdered sugar sifted

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 36 servings vegetable oil

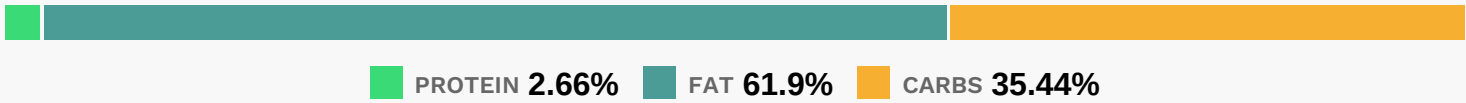
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients; make a well in center of mixture.
- ☐ Combine egg, milk, and butter, stirring well; stir in orange rind and next 3 ingredients.
- ☐ Add to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Pour oil to a depth of 2 inches into a large Dutch oven; heat to 35
- ☐ Drop batter by rounded tablespoonfuls into hot oil; fry fritters in batches 1 1/2 minutes on each side or until golden brown.
- ☐ Drain fritters well on paper towels, and cool slightly.
- ☐ Sprinkle with sifted powdered sugar.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:8.21, Inflammation Score:-2, Nutrition Score:3.5499999600908%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 225.81kcal (11.29%), Fat: 15.74g (24.22%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 19.82g (7.21%), Sugar: 11.84g (13.15%), Cholesterol: 5.98mg (1.99%), Sodium: 75.76mg (3.29%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 1.52g (3.04%), Vitamin K: 25.96µg (24.72%), Vitamin E: 1.23mg (8.21%), Vitamin B1: 0.09mg (5.94%), Selenium: 4.15µg (5.93%), Folate: 20.49µg (5.12%), Vitamin B2: 0.07mg (4.25%), Manganese: 0.08mg (3.76%), Vitamin B3: 0.64mg (3.19%), Iron: 0.55mg (3.08%), Phosphorus: 27.16mg (2.72%), Calcium: 25.13mg (2.51%), Fiber: 0.46g (1.85%), Vitamin A: 82.53IU (1.65%), Vitamin C: 1.33mg (1.62%), Vitamin B5: 0.1mg (1.02%), Potassium: 35.43mg (1.01%)