

# Apple Fritters I

 Vegetarian

READY IN



35 min.

SERVINGS



20

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 4 large apples cored peeled
- 1 tablespoon double-acting baking powder
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground nutmeg
- 1 cup milk
- 2 quarts oil for deep frying
- 1 teaspoon salt

0.3 cup sugar white

## Equipment

bowl

frying pan

paper towels

pot

deep fryer

## Directions

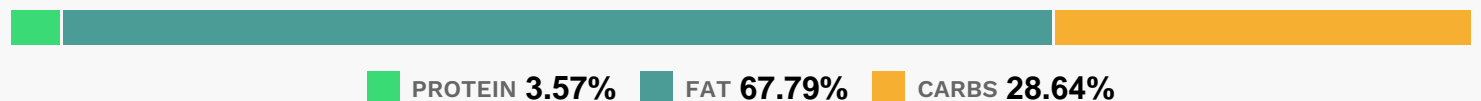
In a medium bowl, mix together flour, sugar, baking powder, nutmeg and salt. In a separate bowl, beat together eggs and milk. Stir milk mixture into flour mixture until smooth.

Heat oil to 375 degrees F (190 degrees C) in a deep fryer or heavy bottomed deep pot or skillet.

Slice apples into 1/2 inch rings. Dip apple slices in batter and fry, a few at a time, turning once, until golden.

Drain on paper towels and dust with confectioners' sugar.

## Nutrition Facts



## Properties

Glycemic Index:18.85, Glycemic Load:10.65, Inflammation Score:-3, Nutrition Score:4.9808695834616%

## Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 259.82kcal (12.99%), Fat: 19.96g (30.71%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 17.56g (6.38%), Sugar: 7.78g (8.65%), Cholesterol: 17.83mg (5.94%), Sodium: 191.49mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin E: 3.45mg (23.02%), Vitamin K: 14.56µg (13.87%), Selenium: 5.84µg (8.34%), Vitamin B1: 0.11mg (7.63%), Folate: 26.32µg (6.58%), Vitamin B2: 0.11mg (6.52%), Calcium: 57.47mg (5.75%), Fiber: 1.42g (5.68%), Phosphorus: 52.69mg (5.27%), Manganese: 0.1mg (5.22%), Iron: 0.78mg (4.34%), Vitamin B3: 0.8mg (3.98%), Vitamin C: 2.05mg (2.49%), Potassium: 85.84mg (2.45%), Vitamin B5: 0.19mg (1.95%), Vitamin B6: 0.04mg (1.94%), Magnesium: 7.23mg (1.81%), Vitamin B12: 0.1µg (1.75%), Copper: 0.03mg (1.71%), Vitamin D: 0.22µg (1.48%), Zinc: 0.21mg (1.43%), Vitamin A: 67.66IU (1.35%)