



Apple Fritters with Bourbon Ice Cream

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.8 cups flour
- ☐ 0.5 cup apple cider
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.7 cup buttermilk
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 large eggs separated
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon nutmeg
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 pound pink lady apples cored peeled cut into 1/3- to 1/2-inch cubes (3 cups) (3)
- ☐ 12 servings safflower oil for deep-frying
- ☐ 0.5 cup sugar
- ☐ 2.5 tablespoons butter unsalted melted

Equipment

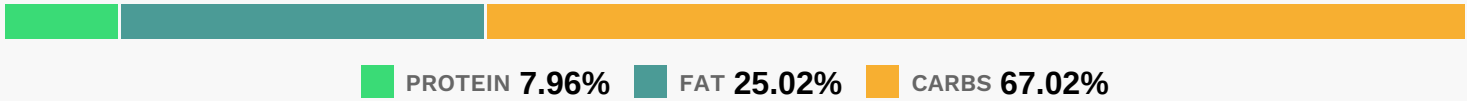
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Blend sugar and cinnamon in small bowl. DO AHEAD: Coating can be made 3 days ahead. Cover; store at room temperature.
- ☐ Melt butter in heavy large skillet over medium-high heat.
- ☐ Add apples.
- ☐ Sprinkle with sugar and cinnamon; toss to coat. Sauté until apples are browned in spots and tender, stirring often, about 10 minutes.
- ☐ Add cider and vinegar. Cook until all liquid evaporates, stirring often, about 4 minutes. Set filling aside in skillet to cool.
- ☐ Place double layer of paper towels on work surface.
- ☐ Whisk flour, sugar, lemon peel, baking powder, and spices in large bowl to blend.
- ☐ Whisk buttermilk, egg yolks, and melted butter in medium bowl to blend. Gradually stir buttermilk mixture into dry ingredients. Beat egg whites and coarse salt in another medium bowl until peaks form. Gently fold egg whites into fritter base, then fold in cooled apple filling.

- ☐ Pour enough oil into heavy largesaucepan to reach depth of 1 1/2 inches (5 to6 cups). Attach deep-fry thermometer toside of pan.
- ☐ Heat oil to 320°F to 330°F overmedium heat. Working in batches of 5 or 6,drop batter into oil by tablespoonfuls. Fryfritters until deep golden brown and cookedthrough, turning fritters occasionally andadjusting heat to maintain oil temperature,about 4 minutes per batch. Using slottedspoon, transfer fritters to paper towels.
- ☐ Drain briefly, then toss warm fritters incinnamon-sugar coating.
- ☐ Transfer to largerimmed baking sheet. Do ahead Can bemade 2 hours ahead.
- ☐ Let stand at roomtemperature. Rewarm in 350°F oven 5minutes, if desired.
- ☐ Mound fritters on platter.
- ☐ Serve with
- ☐ Bourbon Ice Cream.

Nutrition Facts



Properties

Glycemic Index:37.99, Glycemic Load:18.01, Inflammation Score:-2, Nutrition Score:4.882608724677%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 173.7kcal (8.69%), Fat: 4.9g (7.54%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 28g (10.18%), Sugar: 13.95g (15.5%), Cholesterol: 38.74mg (12.91%), Sodium: 111.25mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Selenium: 9.33µg (13.33%), Vitamin B1: 0.16mg (10.77%), Folate: 39.23µg (9.81%), Vitamin B2: 0.17mg (9.73%), Manganese: 0.18mg (9.09%), Iron: 1.11mg (6.19%), Fiber: 1.53g (6.14%), Phosphorus: 60.69mg (6.07%), Vitamin B3: 1.14mg (5.7%), Calcium: 48.25mg (4.82%), Vitamin E: 0.59mg (3.93%), Vitamin A: 161.01IU (3.22%), Potassium: 102.37mg (2.92%), Vitamin B5: 0.29mg (2.9%), Vitamin

D: 0.38µg (2.56%), Vitamin C: 2.05mg (2.48%), Copper: 0.05mg (2.47%), Vitamin B12: 0.14µg (2.34%), Magnesium: 9.14mg (2.28%), Vitamin B6: 0.05mg (2.25%), Zinc: 0.31mg (2.08%), Vitamin K: 1.28µg (1.22%)