



## Apple Fritters with Lemon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 crispin apples peeled diced
- 1.3 teaspoons double-acting baking powder
- 2 tablespoons butter melted
- 1 large eggs
- 1.5 cups flour all-purpose
- 22 servings lemon sauce
- 22 servings powdered sugar
- 0.1 teaspoon salt

22 servings vegetable oil

## Equipment

food processor

bowl

paper towels

dutch oven

## Directions

Pulse first 5 ingredients in a food processor 5 times or until crumbly. Spoon mixture into a large bowl. Stir in apple. Shape mixture into 1 1/2-inch balls.

Pour oil to a depth of 3 inches into a Dutch oven; heat to 35

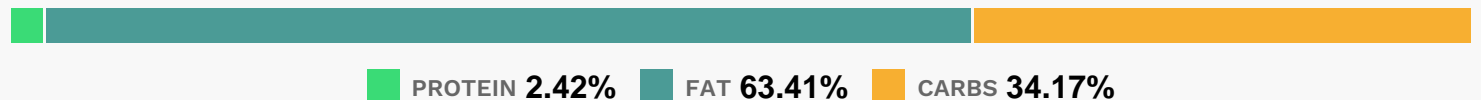
Fry fritters, in batches, 1 to 2 minutes on each side or until golden.

Drain on paper towels.

Sprinkle fritters evenly with powdered sugar; serve with Lemon Sauce.

\*3 McIntosh apples may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:10.2, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:3.6513043642044%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg,

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## **Nutrients (% of daily need)**

Calories: 213.36kcal (10.67%), Fat: 15.39g (23.67%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 17.63g (6.41%), Sugar: 10.61g (11.79%), Cholesterol: 8.45mg (2.82%), Sodium: 53.25mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 26.32µg (25.07%), Vitamin E: 1.27mg (8.46%), Vitamin C: 4.85mg (5.88%), Selenium: 3.66µg (5.23%), Vitamin B1: 0.08mg (5%), Folate: 18.19µg (4.55%), Fiber: 1.02g (4.09%), Vitamin B2: 0.06mg (3.67%), Manganese: 0.07mg (3.5%), Iron: 0.54mg (3%), Vitamin B3: 0.53mg (2.67%), Phosphorus: 22.83mg (2.28%), Calcium: 19.68mg (1.97%), Vitamin A: 72.74IU (1.45%), Potassium: 49.21mg (1.41%), Copper: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.18%), Vitamin B5: 0.1mg (1.02%), Magnesium: 4.05mg (1.01%)