



## Apple Fritters with Orange Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 1 cup confectioners' sugar for dusting plus more
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons orange juice from navel orange
- ☐ 2 teaspoons orange zest grated for juice in glaze (set aside orange to use )
- ☐ 2 golden delicious apples cored peeled cut into 1/4-inch-thick slices (1 pound total)
- ☐ 1 teaspoon salt fine

- ☐ 0.5 cup sugar
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 3 cups vegetable oil
- ☐ 0.8 cup milk whole

## Equipment

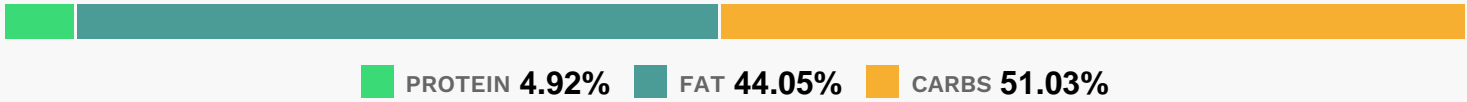
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wax paper
- ☐ slotted spoon
- ☐ candy thermometer

## Directions

- ☐ Whisk together flour, sugar, baking powder, and salt in a large bowl. In another bowl, whisk eggs, then whisk in milk, melted butter, zest, and vanilla.
- ☐ Add wet ingredients into dry and fold until just combined (do not overmix), then fold in apples.
- ☐ Heat 3/4 inch of oil in a 10- to 12-inch deep heavy skillet over medium heat until it shimmers. Drop a little batter into the oil. If it bubbles and rises to the top, the oil is ready. If it browns immediately, reduce heat. (Or use a deep-fat/candy thermometer to heat oil until it registers 375°F.) Using two tablespoons (soup spoons), drop spoonfuls of batter, each containing 2 apple slices, into oil. Working in batches of 5, cook fritters, turning over halfway through, until golden brown, center is just cooked through, and apples are tender, 3 to 4 minutes total.
- ☐ Transfer with a slotted spoon to paper towels to drain. (Make sure oil returns to 375°F between batches.)
- ☐ Whisk together 1 cup confectioners' sugar with orange juice and vanilla until smooth.
- ☐ Dust fritters with some additional confectioners' sugar and drizzle glaze over fritters.

•Fritters are best freshly made but can be fried (not glazed) 1 day ahead. Once cooled, keep chilled, layered between sheets of parchment or wax paper, in an airtight container. Reheat in a 350°F oven until crisped and warmed through (they will continue to crisp as they cool), 10 to 12 minutes.

## Nutrition Facts



### Properties

Glycemic Index:14.36, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:3.0656521890474%

### Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

### Nutrients (% of daily need)

Calories: 147.98kcal (7.4%), Fat: 7.35g (11.31%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 18.52g (6.74%), Sugar: 10.81g (12.01%), Cholesterol: 19.37mg (6.46%), Sodium: 140.34mg (6.1%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 1.85g (3.69%), Vitamin K: 10.13µg (9.64%), Selenium: 4.83µg (6.9%), Vitamin B1: 0.09mg (5.92%), Folate: 21.41µg (5.35%), Vitamin B2: 0.08mg (4.98%), Manganese: 0.08mg (3.8%), Vitamin E: 0.55mg (3.64%), Phosphorus: 36.45mg (3.64%), Calcium: 35.72mg (3.57%), Iron: 0.6mg (3.35%), Vitamin B3: 0.63mg (3.13%), Fiber: 0.63g (2.53%), Vitamin C: 1.92mg (2.33%), Vitamin A: 88.36IU (1.77%), Vitamin B5: 0.15mg (1.48%), Potassium: 48.3mg (1.38%), Vitamin B12: 0.08µg (1.3%), Vitamin D: 0.19µg (1.24%), Magnesium: 4.7mg (1.17%), Copper: 0.02mg (1.17%), Vitamin B6: 0.02mg (1.14%), Zinc: 0.16mg (1.08%)