

Apples in Pajamas

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 2 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 4 large granny smith apples cored peeled sliced into 1/ rings
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 4 cups oil for frying or as needed
- ☐ 1 pinch salt
- ☐ 1 tablespoon vegetable oil

- ☐ 0.3 cup water
- ☐ 2 tablespoons sugar white

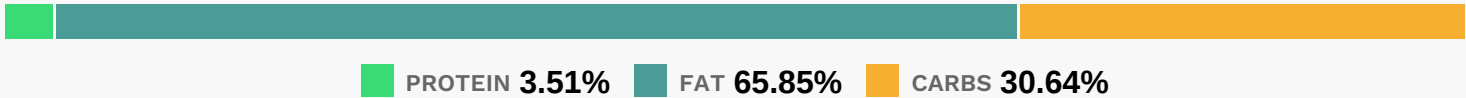
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ tongs

Directions

- ☐ In a shallow bowl, stir together the flour and salt.
- ☐ Whisk in the eggs, 1 tablespoon of oil, milk, and water until batter is smooth. The batter should be just thick enough to stick to the apples and coat them. If the batter is too thin, more flour may be added. If the batter does not want to stick, toss the apples with a bit of flour.
- ☐ Heat one inch of vegetable oil in a deep heavy skillet to 375 degrees F (190 degrees C).
- ☐ Coat apple slices with batter, and place 4 or 5 slices into the hot oil at a time. Fry until golden on one side, then use tongs to flip and fry until brown on the other side.
- ☐ Drain on paper towels. Stir together the cinnamon and sugar; sprinkle over the apple slices before serving.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:12.09, Inflammation Score:-4, Nutrition Score:6.5730435122614%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3–gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 342.63kcal (17.13%), Fat: 25.77g (39.65%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 23.96g (8.71%), Sugar: 15.15g (16.83%), Cholesterol: 42.14mg (14.05%), Sodium: 26.06mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin E: 4.39mg (29.26%), Vitamin K: 21.68µg (20.65%), Fiber: 3.02g (12.09%), Selenium: 7.12µg (10.18%), Vitamin B2: 0.15mg (8.55%), Vitamin B1: 0.11mg (7.39%), Folate: 27.58µg (6.9%), Manganese: 0.14mg (6.78%), Vitamin C: 5.13mg (6.22%), Phosphorus: 55.64mg (5.56%), Potassium: 161.48mg (4.61%), Iron: 0.82mg (4.57%), Vitamin B6: 0.08mg (3.77%), Vitamin B3: 0.74mg (3.69%), Vitamin B5: 0.32mg (3.21%), Calcium: 28.42mg (2.84%), Copper: 0.05mg (2.75%), Vitamin A: 136.45IU (2.73%), Magnesium: 10.56mg (2.64%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.33µg (2.21%), Zinc: 0.3mg (2.03%)