



Baked Apple Fritters

 Vegetarian

READY IN



170 min.

SERVINGS



20

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons yeast dry
- ☐ 1 medium apples peeled cut into 1/2-inch cubes
- ☐ 0.3 cup apple juice
- ☐ 4 teaspoons apple juice
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose divided

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons honey
- ☐ 0.5 cup milk 1% low-fat warmed
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt

Equipment

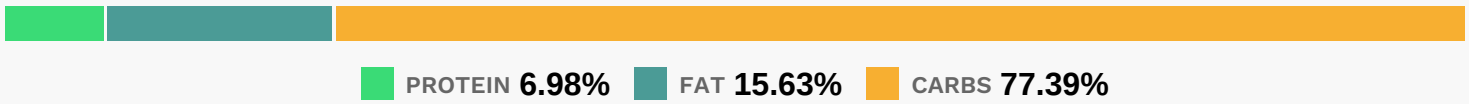
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ To make dough: Dissolve yeast in warm milk in a large bowl.
- ☐ Let stand 5 minutes or until foamy.
- ☐ Add 1 1/3 cups flour, sugar, honey, melted butter, salt, and egg to yeast mixture, stirring until smooth.
- ☐ Add additional 1 cup flour; stir until a soft dough forms.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (10 minutes), or transfer to an electric mixer with a dough hook and mix 10 minutes on medium speed; add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)

- ☐ To make filling: Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add apple; saut 3 minutes.
- ☐ Add apple juice and cinnamon. Reduce heat to medium-low; simmer 3 minutes or until liquid is almost absorbed.
- ☐ Remove from heat; set aside to cool completely.
- ☐ To assemble: Punch dough down. Cover; let rest 5 minutes. Divide dough into 12 equal portions.
- ☐ Roll each into a 3-inch circle on a lightly floured surface. Divide filling among dough rounds; gather dough over filling to form a ball, pinching seam to seal.
- ☐ Place fritter, seam side down, in a 12-cup muffin pan coated with cooking spray. Repeat procedure with remaining dough and filling. Cover and let rise 40 minutes or until doubled in size. Preheat oven to 40
- ☐ Uncover dough; bake for 20 minutes or until lightly browned.
- ☐ Remove from pan; cool on wire rack.
- ☐ Whisk all glaze ingredients together in a small bowl; drizzle over fritters and serve.

Nutrition Facts



Properties

Glycemic Index:23.66, Glycemic Load:11.67, Inflammation Score:-2, Nutrition Score:3.071739161792%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 124.57kcal (6.23%), Fat: 2.19g (3.37%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 23.68g (8.61%), Sugar: 12.63g (14.04%), Cholesterol: 14.11mg (4.7%), Sodium: 78.47mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin B1: 0.16mg (10.37%), Folate: 35.66µg

(8.92%), Selenium: 5.96µg (8.52%), Vitamin B2: 0.11mg (6.52%), Manganese: 0.12mg (6.05%), Vitamin B3: 1.01mg (5.06%), Iron: 0.77mg (4.26%), Phosphorus: 30.72mg (3.07%), Fiber: 0.74g (2.97%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 82.68IU (1.65%), Copper: 0.03mg (1.46%), Potassium: 47.87mg (1.37%), Calcium: 13.4mg (1.34%), Zinc: 0.2mg (1.33%), Magnesium: 5.19mg (1.3%), Vitamin B6: 0.02mg (1.21%), Vitamin B12: 0.06µg (1.03%)