



Banana Fritters

READY IN



15 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 bananas ripe
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons milk
- ☐ 1 quart oil for frying

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar white

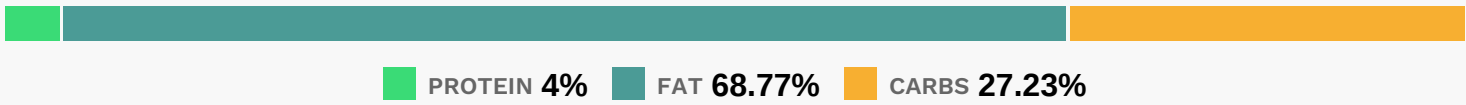
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ deep fryer

Directions

- ☐ In a large bowl, mash the bananas.
- ☐ Mix in milk, eggs and margarine until smooth. In a separate bowl, combine flour, sugar, baking powder, salt, cinnamon and nutmeg. Stir dry ingredients into banana mixture.
- ☐ Heat oil in a deep fryer or heavy bottomed pan to 375 degrees F (190 degrees C). Drop batter by spoonfuls into hot oil, and cook, turning once, until browned, 2 to 8 minutes.
- ☐ Drain on paper towels and dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:67.48, Glycemic Load:20.33, Inflammation Score:-5, Nutrition Score:9.0808695502903%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 454.98kcal (22.75%), Fat: 35.39g (54.45%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 29.87g (10.86%), Sugar: 11.19g (12.43%), Cholesterol: 55.16mg (18.39%), Sodium: 310.09mg (13.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Vitamin E: 5.8mg (38.69%), Vitamin K: 22.84µg (21.75%), Selenium: 12.1µg (17.28%), Manganese: 0.27mg (13.64%), Folate: 53.04µg (13.26%), Vitamin B1: 0.19mg (12.35%), Vitamin B2: 0.21mg (12.22%), Vitamin B6: 0.18mg (9.11%), Phosphorus: 80.79mg (8.08%), Iron:

1.42mg (7.87%), Vitamin B3: 1.51mg (7.56%), Fiber: 1.67g (6.66%), Calcium: 60.65mg (6.07%), Potassium: 193.06mg (5.52%), Vitamin B5: 0.47mg (4.68%), Magnesium: 18.17mg (4.54%), Vitamin C: 3.43mg (4.16%), Vitamin A: 196.35IU (3.93%), Copper: 0.07mg (3.7%), Zinc: 0.42mg (2.81%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.35µg (2.32%)