



Banana Fritters

READY IN



15 min.

SERVINGS



24

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 bananas mashed
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 quart vegetable oil for frying

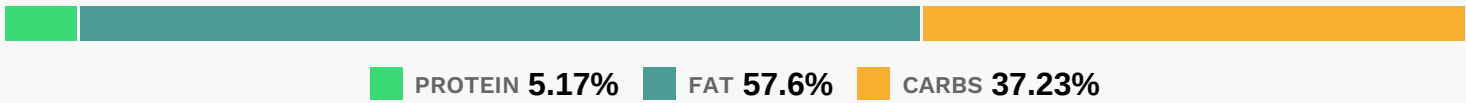
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine the milk and bananas. Sift in the flour, salt, and baking powder. Thoroughly mix in the eggs and margarine.
- ☐ Heat the oil in a large skillet to 365 degrees F (180 degrees C).
- ☐ Carefully place spoonfuls of the mixture into the hot oil and fry until brown. Flip the fritter and continue to brown.
- ☐ Remove fritters from the oil and drain on paper towels. Dust the fritters with confectioners' sugar and serve while warm.

Nutrition Facts



Properties

Glycemic Index:10.82, Glycemic Load:7.06, Inflammation Score:-2, Nutrition Score:3.3717391179956%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 138.86kcal (6.94%), Fat: 9g (13.85%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.56g (4.57%), Sugar: 3.93g (4.37%), Cholesterol: 14.25mg (4.75%), Sodium: 114.44mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin K: 14.61µg (13.91%), Selenium: 4.87µg (6.95%), Vitamin B1: 0.09mg (5.95%), Folate: 22.76µg (5.69%), Manganese: 0.1mg (4.96%), Vitamin B2: 0.08mg (4.89%), Vitamin E: 0.72mg (4.8%), Calcium: 39.97mg (4%), Phosphorus: 36.9mg (3.69%), Iron: 0.63mg (3.51%), Vitamin B3: 0.69mg (3.44%), Vitamin B6: 0.05mg (2.5%), Fiber: 0.54g (2.15%), Potassium: 59.44mg (1.7%), Magnesium: 6.15mg (1.54%), Vitamin B5: 0.15mg (1.54%), Copper: 0.03mg (1.28%), Vitamin A: 55.19IU (1.1%), Vitamin C: 0.86mg (1.04%), Zinc: 0.16mg (1.04%), Vitamin B12: 0.06µg (1.01%)