



Bisquick® Battered Fruit Rings

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- 12 pineapple rings fresh canned (or)
- 1 eggs
- 0.5 cup milk
- 1 cup frangelico

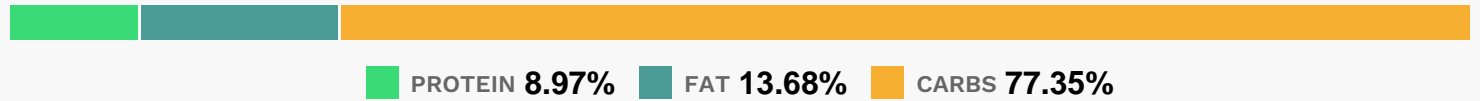
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat 10- to 12-inch skillet over medium heat.
- In large bowl, beat Bisquick mix, egg and milk with whisk until well blended.
- Dip fruit rings one at a time into batter; place in hot skillet.
- Cook until deep golden brown on each side (like pancakes).
- Serve fruit rings with warm maple-flavored syrup.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:5.763043531905%

Nutrients (% of daily need)

Calories: 136.63kcal (6.83%), Fat: 2.21g (3.4%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 25.89g (9.41%), Sugar: 25.89g (28.77%), Cholesterol: 44.58mg (14.86%), Sodium: 28.92mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin C: 16.07mg (19.48%), Vitamin B1: 0.2mg (13.06%), Copper: 0.19mg (9.56%), Fiber: 2.22g (8.89%), Vitamin B6: 0.17mg (8.28%), Potassium: 272.97mg (7.8%), Magnesium: 30.63mg (7.66%), Vitamin B2: 0.13mg (7.55%), Calcium: 71.04mg (7.1%), Selenium: 4.64µg (6.63%), Phosphorus: 64.56mg (6.46%), Vitamin B12: 0.26µg (4.38%), Vitamin A: 194.31IU (3.89%), Iron: 0.67mg (3.73%), Vitamin D: 0.56µg (3.7%), Folate: 13.72µg (3.43%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.28mg (2.82%), Vitamin B3: 0.53mg (2.63%), Vitamin K: 1.32µg (1.26%), Vitamin E: 0.16mg (1.1%)