



Breakfast Fritters (Buñuelos)

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tsp calumet baking powder
- 2 eggs
- 1 cup super-fine cornmeal
- 0.5 cup baker's angel flake coconut
- 0.5 tsp ground cinnamon
- 1 cup oil for frying
- 0.3 cup sugar divided

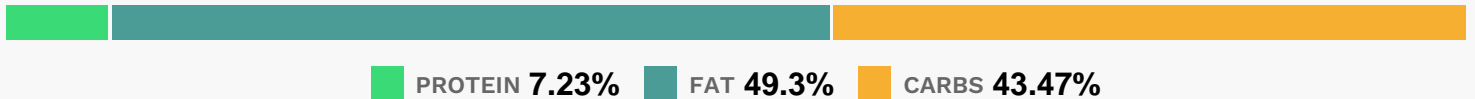
Equipment

- bowl
- frying pan
- wooden spoon
- slotted spoon

Directions

- Mix 2 Tbsp. of the sugar and the cinnamon; set aside.
- Place eggs, cornmeal, coconut, remaining 2 Tbsp. sugar and the baking powder in medium bowl; mix with hands until mixture is well blended and forms soft dough.
- Shape 1/4-cup portions of dough into 2-inch rounds with moistened hands. Poke hole in center of each with end of wooden spoon or finger.
- Heat oil in deep skillet on medium-high heat.
- Add the fritters, one at a time, to hot oil. Fry 3 min. or until golden brown on both sides, turning over once.
- Remove from oil with slotted spoon. Immediately add to sugar mixture; turn over to evenly coat both sides.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:17.56, Inflammation Score:-2, Nutrition Score:6.77652174558333%

Nutrients (% of daily need)

Calories: 268.55kcal (13.43%), Fat: 15.02g (23.11%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 26.04g (9.47%), Sugar: 9.31g (10.34%), Cholesterol: 54.56mg (18.19%), Sodium: 112.95mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Manganese: 0.41mg (20.33%), Fiber: 3.76g (15.05%), Phosphorus: 121.65mg (12.17%), Selenium: 7.46µg (10.66%), Vitamin E: 1.59mg (10.63%), Vitamin B6: 0.2mg (10.14%), Magnesium: 36.85mg (9.21%), Iron: 1.4mg (7.77%), Zinc: 1.16mg (7.72%), Copper: 0.13mg (6.62%), Calcium: 62.87mg (6.29%), Vitamin B1: 0.09mg (5.98%), Vitamin B2: 0.1mg (5.91%), Vitamin K: 5.51µg (5.25%), Vitamin B5: 0.44mg (4.4%), Potassium: 145.3mg (4.15%), Folate: 16.55µg (4.14%), Vitamin B3: 0.71mg (3.56%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%), Vitamin A: 79.84IU (1.6%)