



Bunuelos

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 4 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 cup vegetable oil for frying
- 1 cup sugar white

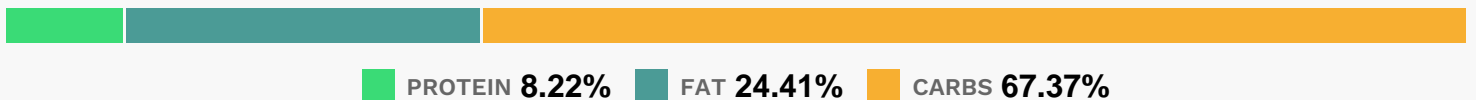
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large bowl combine eggs with 1/4 cup sugar and beat until thick and lemon-colored.
- Add the oil.
- Combine separately 1-1/2 cups of the flour, the baking powder and the salt. Gradually add this to the egg mixture and beat well.
- Turn dough out onto a floured board (use remaining 1/2 cup flour) and knead thoroughly until dough is smooth.
- Shape dough into sixteen balls.
- Roll each one into a circle about 5 inches in diameter.
- Let stand uncovered on waxed paper for about 10 minutes.
- Heat oil in a deep fry pan to 350 degrees F (175 degrees C). Fry circles until golden brown, turning once.
- Drain on paper towels.
- Sprinkle with sugar/cinnamon mixture. Store airtight.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:17.42, Inflammation Score:-1, Nutrition Score:3.6178260760625%

Nutrients (% of daily need)

Calories: 145.26kcal (7.26%), Fat: 3.97g (6.1%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 24.13g (8.78%), Sugar: 12.56g (13.96%), Cholesterol: 40.92mg (13.64%), Sodium: 187.91mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Selenium: 8.75µg (12.51%), Vitamin B1: 0.13mg (8.47%), Folate: 33.77µg (8.44%), Vitamin B2: 0.13mg (7.64%), Manganese: 0.13mg (6.62%), Iron: 0.96mg (5.35%), Vitamin K: 5.13µg (4.89%), Vitamin B3: 0.93mg (4.66%), Phosphorus: 44.21mg (4.42%), Calcium: 24.66mg (2.47%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.35mg (2.34%), Fiber: 0.49g (1.96%), Zinc: 0.26mg (1.7%), Vitamin B12:

0.1µg (1.63%), Copper: 0.03mg (1.59%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.29%), Magnesium: 4.9mg (1.23%), Vitamin A: 59.77IU (1.2%)