



Buñuelos



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



1

CALORIES



1143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 egg yolks beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 serving flour all-purpose
- ☐ 1 serving powdered sugar
- ☐ 2 teaspoons salt divided
- ☐ 1 pound sweet potatoes
- ☐ 1 serving vegetable oil

- ☐ 1 pound malanga peeled cut into 4-inch chunks
- ☐ 1 pound malanga peeled cut into 4-inch chunks

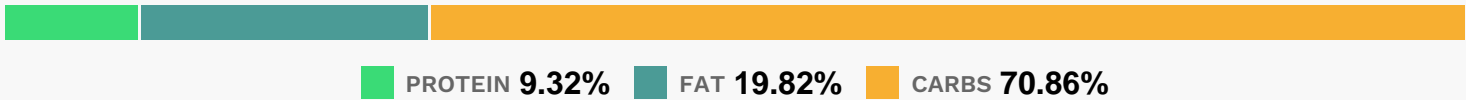
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Bring sweet potatoes and malanga with water to cover and 1 teaspoon salt to a boil in a large Dutch oven over medium-high heat, and cook 20 minutes or just until tender. (Do not cook until mushy.)
- ☐ Drain well. Cool; peel sweet potatoes. Grate malanga and sweet potatoes into a large bowl.
- ☐ Stir together 1 cup flour, baking soda, and remaining 1 teaspoon salt in a large bowl. Stir in beaten egg yolks; gently stir in grated potatoes and malanga. If desired, stir in anise extract.
- ☐ Divide dough into 24 equal pieces. With floured hands, roll each piece into a ball; roll each ball into an 8-inch rope on a floured surface, adding additional flour to hands and surface as needed. Shape each rope into a figure eight, pinching ends together.
- ☐ Pour oil to a depth of 2 inches in a Dutch oven; heat to 37
- ☐ Fry buuelos, in batches, 3 minutes on each side or until golden brown.
- ☐ Drain well on paper towels.
- ☐ Sprinkle with sugar; serve immediately.

Nutrition Facts



Properties

Glycemic Index:208, Glycemic Load:118.19, Inflammation Score:-10, Nutrition Score:49.829130462978%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1143.19kcal (57.16%), Fat: 25.07g (38.56%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 201.65g (67.22%), Net Carbohydrates: 184.46g (67.08%), Sugar: 27.34g (30.38%), Cholesterol: 388.8mg (129.6%), Sodium: 5467.73mg (237.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.07%), Vitamin A: 64870.27IU (1297.41%), Manganese: 2.11mg (105.3%), Vitamin B1: 1.46mg (97.15%), Selenium: 67.86µg (96.95%), Folate: 344.93µg (86.23%), Fiber: 17.19g (68.74%), Vitamin B2: 1.12mg (66.05%), Vitamin B6: 1.13mg (56.62%), Iron: 9.94mg (55.25%), Vitamin B5: 5.29mg (52.85%), Vitamin B3: 10.36mg (51.79%), Phosphorus: 496.69mg (49.67%), Potassium: 1710.74mg (48.88%), Copper: 0.91mg (45.38%), Magnesium: 144.47mg (36.12%), Vitamin K: 34.56µg (32.91%), Vitamin E: 3.33mg (22.22%), Zinc: 3.13mg (20.86%), Calcium: 205.35mg (20.54%), Vitamin C: 10.89mg (13.2%), Vitamin D: 1.94µg (12.96%), Vitamin B12: 0.7µg (11.7%)