



Chrusciki II

 Vegetarian

READY IN



85 min.

SERVINGS



36

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter softened
- 2 tablespoons confectioners' sugar
- 2 egg yolks
- 2 cups flour all-purpose
- 1 quart oil for frying
- 2 tablespoons rum
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon vinegar

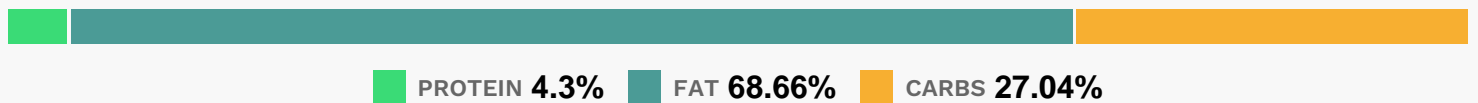
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a medium bowl, mix together the butter, yolks, sugar, sour cream, vinegar and rum until smooth. Gradually stir in flour until the dough is thick enough to handle. Turn the dough out onto a lightly floured surface and knead for about 15 minutes.
- Put the dough into a bowl and cover with a cloth.
- Let it rest in a cool place for an hour.
- Heat oil in heavy skillet to 375 degrees F (190 degrees C). To test readiness of oil, put a small piece of dough in it, if it immediately comes to the surface, the temperature is right. On a lightly floured surface, roll the dough out to no thicker than 1/8 inch thickness.
- Cut into strips 2 inches wide and 7 inches long.
- Cut a 2 inch slit down the center of the strip lengthwise. Pull one end through the hole.
- Fry 4 or 5 strips at a time, turning once, until brown.
- Drain on paper towels and dust with confectioners' sugar while still warm.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:3.83, Inflammation Score:-1, Nutrition Score:1.655652180476%

Nutrients (% of daily need)

Calories: 88.5kcal (4.43%), Fat: 6.63g (10.21%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.69g (2.07%), Sugar: 0.53g (0.59%), Cholesterol: 13.73mg (4.58%), Sodium: 6.31mg (0.27%), Alcohol: 0.28g (100%), Alcohol %: 0.91% (100%), Protein: 0.93g (1.87%), Vitamin E: 0.98mg (6.51%), Selenium: 3.01µg (4.29%), Vitamin B1: 0.06mg (3.79%), Vitamin K: 3.86µg (3.68%), Folate: 14.32µg (3.58%), Vitamin B2: 0.04mg (2.56%), Manganese: 0.05mg (2.43%), Vitamin B3: 0.41mg (2.06%), Iron: 0.35mg (1.96%), Phosphorus: 13.26mg

(1.33%)