



## Cinnamon Puffs

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon double-acting baking powder
- 1 large eggs
- 1.8 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 0.5 cup sugar divided
- 3.3 cups vegetable oil divided

0.8 cup whipping cream

## Equipment

paper towels

sauce pan

mixing bowl

hand mixer

slotted spoon

## Directions

Beat 1/4 cup oil, 1/4 cup sugar, and egg in a large mixing bowl at medium speed with an electric mixer until blended.

Combine flour and next 3 ingredients; add to sugar mixture alternately with whipping cream, beginning and ending with flour mixture. Beat at low speed until blended after each addition.

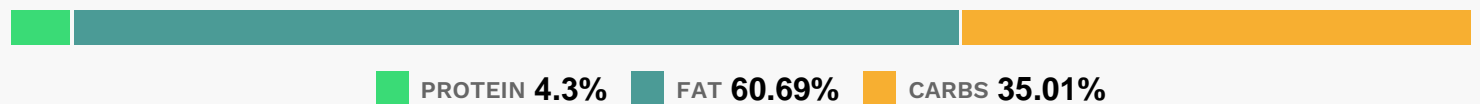
Pour remaining 3 cups oil into a heavy saucepan; heat to 325 to 35

Drop dough by tablespoonfuls into hot oil, and fry, in batches, 4 to 5 minutes or until golden.

Remove with a slotted spoon; drain on paper towels.

Stir together remaining 1/4 cup sugar and cinnamon; sprinkle evenly over puffs.

## Nutrition Facts



## Properties

Glycemic Index:8.67, Glycemic Load:5.39, Inflammation Score:-1, Nutrition Score:1.7343478219017%

## Nutrients (% of daily need)

Calories: 87.06kcal (4.35%), Fat: 5.95g (9.15%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 7.51g (2.73%), Sugar: 2.96g (3.28%), Cholesterol: 10.77mg (3.59%), Sodium: 71.11mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin K: 7.44µg (7.08%), Selenium: 2.66µg (3.79%), Vitamin B1: 0.05mg (3.3%), Folate: 12.02µg (3%), Vitamin B2: 0.05mg (2.72%), Manganese: 0.05mg (2.67%), Vitamin E: 0.39mg (2.58%), Calcium: 25.26mg (2.53%), Iron: 0.36mg (1.98%), Phosphorus: 19.65mg (1.96%), Vitamin B3: 0.36mg (1.82%), Vitamin A: 80.61IU (1.61%)