



Cinnamon Sugar Fried Apples

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 150 g flour sifted
- 4 apples
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 1 Tbsp cinnamon
- 2 eggs lightly beaten
- 2 Tbsp granulated sugar
- 0.5 Tsp lemon zest

- 250 ml milk
- 16 servings cooking oil for frying
- 1 pinch salt
- 1 Tbsp butter unsalted melted

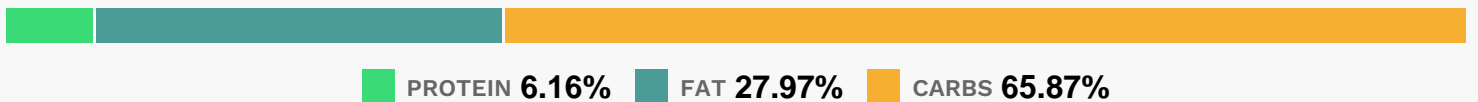
Equipment

- bowl
- paper towels
- plastic wrap

Directions

- Mix all ingredients for batter (flour, salt, granulated sugar, milk, lightly beaten eggs, lemon zest, and melted unsalted butter) in a bowl until smooth. Cover with plastic wrap and set aside to rest for 30 minutes. While batter is resting core and slice apples 1 cm thick. Set aside. Start heating oil. Dip apple slices in batter, then fry until golden on each side.
- Drain the apples well on double lined paper towels. Then sprinkle the cinnamon sugar (brown sugar and cinnamon combined) on the slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:8.18, Inflammation Score:-2, Nutrition Score:3.7152173913043%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Quercetin: 1.82mg

Taste

Sweetness: 100%, Saltiness: 14.18%, Sourness: 36.21%, Bitterness: 12.11%, Savoriness: 12.03%, Fattiness: 63.52%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 148.28kcal (7.41%), Fat: 4.74g (7.29%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 23.5g (8.55%), Sugar: 15.96g (17.73%), Cholesterol: 24.3mg (8.1%), Sodium: 19.73mg (0.86%), Protein: 2.35g (4.69%), Manganese: 0.17mg (8.66%), Selenium: 5.32µg (7.59%), Fiber: 1.61g (6.44%), Vitamin B2: 0.11mg (6.26%), Vitamin B1: 0.09mg (6.18%), Folate: 21.26µg (5.32%), Vitamin E: 0.68mg (4.5%), Phosphorus: 43.19mg (4.32%), Calcium: 39.84mg (3.98%), Iron: 0.69mg (3.85%), Vitamin B3: 0.63mg (3.17%), Vitamin K: 3.3µg (3.15%), Potassium: 105.11mg (3%), Vitamin C: 2.19mg (2.66%), Vitamin B6: 0.05mg (2.33%), Vitamin B12: 0.14µg (2.29%), Vitamin B5: 0.23mg (2.28%), Vitamin A: 104.02IU (2.08%), Magnesium: 8.08mg (2.02%), Vitamin D: 0.3µg (2%), Copper: 0.04mg (1.81%), Zinc: 0.23mg (1.56%)