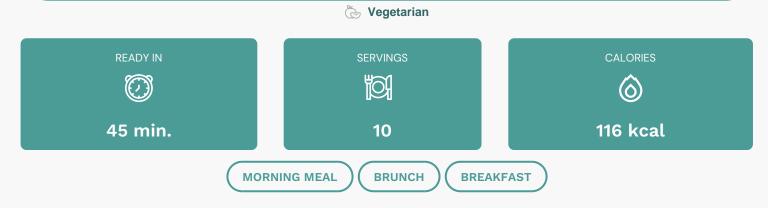


Cook the Book: Apple Fritters



Ingredients

i.s teaspoons ground cinnamon
0.5 cup ale beer (lager or pilsner)
0.3 cup sugar
1 large apples such as granny smith, mutsu, or crispin firm
10 servings vegetable oil; peanut oil preferred for frying
2 large eggs separated
1 teaspoon vanilla extract pure
10 servings kosher salt

	1.5 teaspoons butter unsalted melted	
	0.8 cup unbleached all purpose flour sifted	
-		
Equipment		
	bowl	
	frying pan	
	paper towels	
	whisk	
	pot	
D :		
Directions		
	In a bowl, whisk together the flour, 1/4 cup of the sugar, 1/2 teaspoon of the cinnamon, and 1 teaspoon salt.	
	In a large bowl, whisk together the egg yolks, butter, and vanilla.	
	Whisk in one third of the flour mixture then one third of the beer to the egg yolk mixture, just to combine.	
	Add the rest of the flour mixture and beer in two additions; whisk well to combine. Set the batter aside to rest for 30 minutes.	
	While the batter is resting, peel, core, and slice the apple into ten 1/8-inch-thick rings.	
	Spread out the rings on a large plate. Stir together 1 tablespoon of the sugar and 1/4 teaspoon of the cinnamon, and sprinkle the mixture over the apple slices.	
	Let the slices sir for 20 minutes to soften and absorb the sugar.	
	Whisk the egg whites to soft peaks, and gently but thoroughly fold them into the batter.	
	In a wide, shallow bowl, whisk together the remaining 6 tablespoons sugar, remaining 1/2 teaspoon cinnamon, and a pinch of salt.	
	Fill a high-sided skillet or wide pot with 2 inches of oil, and heat the oil to 375°F. In batches, dip the apple rings into the batter to coat both sides, and fry, turing once, until the fritters are golden and crisp, about 3 minutes.	
	Drain on paper towels, immediately toss in the cinnamon-sugar mixture, and serve warm.	

Nutrition Facts

Properties

Glycemic Index:14.76, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:2.9617391435996%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epigallocatechin: 1.69mg, Epigallocatechin: 1.69mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.03mg, Luteolin: 0.03mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 116.24kcal (5.81%), Fat: 4.51g (6.94%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.03g (5.47%), Sugar: 7.43g (8.25%), Cholesterol: 38.81mg (12.94%), Sodium: 209.07mg (9.09%), Alcohol: 0.6g (100%), Alcohol %: 1.02% (100%), Protein: 2.36g (4.71%), Selenium: 6.36µg (9.09%), Manganese: 0.12mg (6.04%), Vitamin B2: 0.1mg (6.03%), Folate: 23.27µg (5.82%), Vitamin B1: 0.08mg (5.47%), Vitamin E: 0.63mg (4.2%), Iron: 0.67mg (3.7%), Fiber: 0.92g (3.68%), Phosphorus: 34.39mg (3.44%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.21mg (2.15%), Vitamin B6: 0.04mg (1.81%), Vitamin A: 85.71IU (1.71%), Vitamin B12: 0.09µg (1.54%), Potassium: 52.87mg (1.51%), Copper: 0.03mg (1.45%), Zinc: 0.21mg (1.41%), Vitamin D: 0.21µg (1.41%), Magnesium: 5.3mg (1.33%), Vitamin C: 1.04mg (1.25%), Calcium: 11.72mg (1.17%)