

Cook the Book: Apple Fritters

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 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

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 sit 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, turning 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



 **PROTEIN 8.28%**  **FAT 35.65%**  **CARBS 56.07%**

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 Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg 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%)