



Crispy Apple-Oat Fritters



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large apples with an apple corer, sliced into 1/4"-thick rings cored crisp peeled
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup club soda ()
- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 1.5 teaspoon ground cinnamon divided
- ☐ 0.8 teaspoons kosher salt
- ☐ 1 cup old-fashioned oats gluten-free

- ☐ 0.5 cup rice flour
- ☐ 0.5 cup sugar divided
- ☐ 4 cups vegetable oil for frying

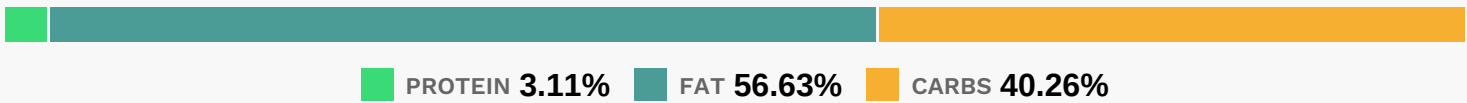
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Whisk 1/2 cup sugar and 1 teaspoon cinnamon in a shallow bowl; set aside.
- ☐ Fit a large pot with thermometer and pour in oil to measure 3".
- ☐ Heat over medium-high heat until thermometer registers 375°F.
- ☐ Meanwhile, pulse oats in a food processor to a coarse powder.
- ☐ Transfer to a large bowl and whisk in rice flour, cornstarch, baking powder, salt, and remaining 2 tablespoons sugar and 1/2 teaspoon cinnamon.
- ☐ Whisk in egg and 1/2 cup club soda, adding more soda by the tablespoonful until the consistency of pancake batter.
- ☐ Working in batches and maintaining oil temperature, dip apple rings in batter and fry, turning occasionally, until golden brown and crisp, about 4 minutes.
- ☐ Transfer fritters to a paper towel-lined plate; let drain briefly, then toss in reserved cinnamon sugar.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:18.51, Inflammation Score:-3, Nutrition Score:7.0660868623982%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 362.59kcal (18.13%), Fat: 23.34g (35.9%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 34.51g (12.55%), Sugar: 18.42g (20.46%), Cholesterol: 23.25mg (7.75%), Sodium: 284.5mg (12.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin K: 41.66µg (39.67%), Manganese: 0.58mg (28.85%), Vitamin E: 2.01mg (13.41%), Fiber: 2.82g (11.28%), Selenium: 6.5µg (9.29%), Phosphorus: 81.32mg (8.13%), Magnesium: 21.6mg (5.4%), Vitamin B1: 0.07mg (4.83%), Calcium: 47.29mg (4.73%), Vitamin B6: 0.09mg (4.39%), Iron: 0.75mg (4.18%), Zinc: 0.58mg (3.84%), Copper: 0.08mg (3.82%), Vitamin B2: 0.06mg (3.73%), Potassium: 114.93mg (3.28%), Vitamin B5: 0.33mg (3.27%), Vitamin C: 2.58mg (3.13%), Vitamin B3: 0.43mg (2.16%), Folate: 8.28µg (2.07%), Vitamin A: 64.96IU (1.3%)