



Crispy Apple Rings

READY IN



45 min.

SERVINGS



2

CALORIES



1370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cup flour
- ☐ 1 cup apples cored peeled sliced
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup buttermilk
- ☐ 2 cups canola oil for frying ()
- ☐ 2 servings individually wrapped caramels warmed for serving to taste
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup cereal for serving
- ☐ 1 tablespoon juice of lemon

- ☐ 1 cup powdered sugar
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup seltzer water
- ☐ 2 servings whipped cream for serving
- ☐ 0.3 cup granulated sugar white

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ Toss raw apple rings in lemon juice until coated.
- ☐ Combine 1 cup of flour, sugar, salt, baking powder, and cinnamon in a mixing bowl. Stir in the soda water and buttermilk until just combined. In a second bowl, mix the powdered sugar and remaining 1/2 cup of flour together.
- ☐ Toss apple slices in powdered sugar mixture, then dip apples one-by-one in the batter, submerging them all the way.
- ☐ Add 2 cups of canola oil to a 1 1/2-inch deep skillet.
- ☐ Heat oil on medium high or until it reaches 350°F. If you have a small personal fryer, that may work the best. Once oil is hot enough, which is when dough floats to the top, carefully add the battered apple slices. The oil will be very hot.
- ☐ Cook until brown, about 1-2 minutes, then flip. Cook another 1-2 minutes until both sides are browned.
- ☐ Transfer to paper towels to absorb excess oil.
- ☐ Serve warm with vanilla ice cream, warm caramel, and granola.

Nutrition Facts



 PROTEIN 4.44%  FAT 37.39%  CARBS 58.17%

Properties

Glycemic Index:215.55, Glycemic Load:86.94, Inflammation Score:-8, Nutrition Score:26.136956442957%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 1369.78kcal (68.49%), Fat: 57.75g (88.84%), Saturated Fat: 9.1g (56.9%), Carbohydrates: 202.09g (67.36%), Net Carbohydrates: 196.24g (71.36%), Sugar: 115.71g (128.57%), Cholesterol: 33.04mg (11.01%), Sodium: 1314.22mg (57.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Manganese: 1.26mg (62.97%), Vitamin E: 8.9mg (59.3%), Vitamin B1: 0.85mg (56.49%), Selenium: 37.45µg (53.51%), Folate: 185.38µg (46.35%), Vitamin B2: 0.76mg (44.71%), Calcium: 353.33mg (35.33%), Vitamin K: 35.05µg (33.38%), Phosphorus: 326.13mg (32.61%), Iron: 5.65mg (31.39%), Vitamin B3: 5.88mg (29.38%), Fiber: 5.85g (23.38%), Magnesium: 53.75mg (13.44%), Potassium: 434.7mg (12.42%), Copper: 0.23mg (11.69%), Vitamin B5: 1.11mg (11.09%), Zinc: 1.66mg (11.08%), Vitamin C: 6.27mg (7.6%), Vitamin A: 368.71IU (7.37%), Vitamin B12: 0.44µg (7.27%), Vitamin B6: 0.14mg (6.91%), Vitamin D: 0.52µg (3.48%)