



Deep-Fried Candy Bars

READY IN



15 min.

SERVINGS



2

CALORIES



1010 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon baking soda
- 2 full-size chocolate-covered chilled snickers® (such as)
- 1 cup masa
- 2 cups flour all-purpose
- 2 cups milk or as needed
- 1 cup vegetable oil for frying

Equipment

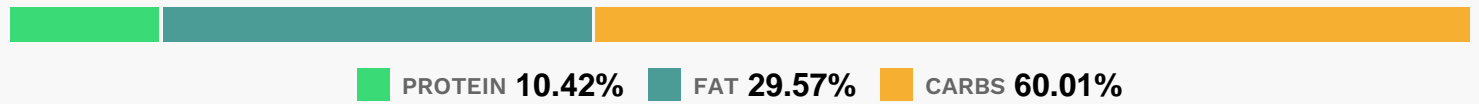
- bowl

frying pan

Directions

- Mix all-purpose flour, corn flour, and baking soda in a shallow bowl. Stir enough milk into the flour mixture to make a somewhat-thin batter that will stick to the candy bars, but not drip off.
- Heat oil in a deep-fryer or deep skillet to 350 degrees F (175 degrees C).
- Dip the candy bars in the batter to coat.
- Carefully put coated candy bar into hot oil and fry until golden brown, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:73.34, Inflammation Score:-8, Nutrition Score:33.019999980927%

Nutrients (% of daily need)

Calories: 1009.71kcal (50.49%), Fat: 33.22g (51.11%), Saturated Fat: 8.47g (52.93%), Carbohydrates: 151.71g (50.57%), Net Carbohydrates: 144.6g (52.58%), Sugar: 13.63g (15.14%), Cholesterol: 29.31mg (9.77%), Sodium: 166.88mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Vitamin B1: 1.25mg (83.2%), Selenium: 55.16µg (78.8%), Folate: 245.65µg (61.41%), Vitamin B2: 1.01mg (59.53%), Manganese: 1.13mg (56.26%), Phosphorus: 506.99mg (50.7%), Vitamin B3: 8.59mg (42.94%), Calcium: 398.61mg (39.86%), Vitamin K: 41.24µg (39.27%), Iron: 6.67mg (37.08%), Fiber: 7.12g (28.47%), Magnesium: 111.17mg (27.79%), Vitamin B6: 0.48mg (24%), Vitamin B12: 1.32µg (22.02%), Zinc: 2.93mg (19.55%), Potassium: 657.43mg (18.78%), Vitamin D: 2.68µg (17.89%), Vitamin B5: 1.57mg (15.72%), Copper: 0.29mg (14.53%), Vitamin E: 2.05mg (13.68%), Vitamin A: 399.09IU (7.98%)