



Deep Fried OREOS

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



98 kcal

Ingredients

- 1 large eggs
- 1 cup milk
- 18 ounce oreos
- 1 cup pancake mix
- 2 teaspoons vegetable oil

Equipment

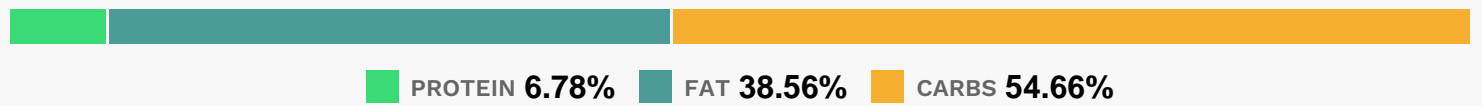
- bowl
- paper towels
- whisk

deep fryer

Directions

- Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- Whisk together the egg, milk, and 2 teaspoons of vegetable oil in a bowl until smooth. Stir in the pancake mix until no dry lumps remain. Dip the cookies into the batter one at a time, and carefully place into the hot frying oil. Fry only 4 or 5 at a time to avoid overcrowding the deep fryer. Cook until the cookies are golden-brown, about 2 minutes.
- Drain on a paper towel-lined plate before serving.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.802608695934%

Nutrients (% of daily need)

Calories: 98.29kcal (4.91%), Fat: 4.3g (6.62%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 13.15g (4.78%), Sugar: 7.32g (8.13%), Cholesterol: 10.25mg (3.42%), Sodium: 93.34mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Iron: 2.14mg (11.91%), Manganese: 0.12mg (6.11%), Vitamin K: 5.24µg (4.99%), Vitamin B2: 0.07mg (4.28%), Phosphorus: 40.9mg (4.09%), Folate: 12.72µg (3.18%), Vitamin B1: 0.05mg (3.16%), Vitamin E: 0.47mg (3.11%), Copper: 0.06mg (3.01%), Selenium: 1.98µg (2.82%), Magnesium: 10.12mg (2.53%), Vitamin B3: 0.51mg (2.53%), Calcium: 23.83mg (2.38%), Fiber: 0.58g (2.3%), Potassium: 62.93mg (1.8%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.07µg (1.22%)