



Dessert Apple Rings With Cinnamon Cream Syrup

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

DESSERT

Ingredients

- 1 cup flour
- 6 servings canola oil for frying
- 0.5 tsp cinnamon
- 0.5 cup plus
- 1 large egg whites
- 6 large apples i use 2 granny smith apples peeled
- 0.3 teaspoon salt

- 1 cup sugar
- 1 tablespoon vanilla
- 1 cup water

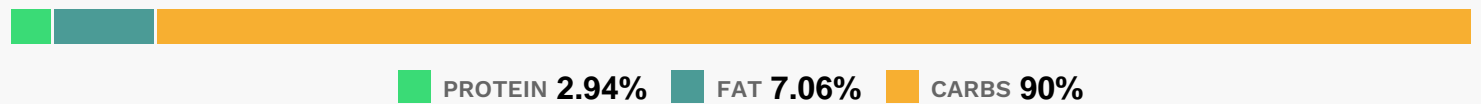
Equipment

- sauce pan
- whisk

Directions

- Whisk egg until frothy and the whisk in water and vanilla.
- Whisk in flour and salt and let sit while slicing apples. Slice peeled apples into 1/2 inch thick slices (you will get about 4 slices per apple). Using varying sized biscuit cutters, cut rings out of apple slices, discarding smallest circle containing core.
- Heat oil to 375 degrees. Dip apple rings into batter, letting excess drip off. Cook in oil in small batches, turning frequently to monitor browning. When the rings turn golden brown, remove to a plate and while still hot sprinkle generously with cinnamon sugar.
- Serve immediately with warm drizzled sauce. Makes 16 apple rings serves 4 to 6. CINNAMON CREAM SYRUP In a small saucepan, combine 1 cup sugar, 1/2 cup corn syrup and 1/2 teaspoon cinnamon. Bring to a boil, stirring for 3 minutes.
- Remove from heat and cool for 5 minutes. Stir in 1/2 cup evaporated milk.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:47.06, Inflammation Score:-4, Nutrition Score:7.1069565217391%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg

Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Taste

Sweetness: 100%, Saltiness: 4.63%, Sourness: 35.45%, Bitterness: 13.39%, Savoriness: 4.17%, Fattiness: 15.33%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 434.93kcal (21.75%), Fat: 3.56g (5.48%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 102.18g (34.06%), Net Carbohydrates: 96.16g (34.97%), Sugar: 78.66g (87.4%), Cholesterol: 0mg (0%), Sodium: 128.81mg (5.6%), Alcohol: 0.75g (4.14%), Protein: 3.34g (6.68%), Fiber: 6.03g (24.12%), Vitamin B1: 0.22mg (14.58%), Manganese: 0.27mg (13.26%), Vitamin C: 10.27mg (12.44%), Selenium: 8.57µg (12.24%), Vitamin B2: 0.19mg (11.38%), Folate: 45.05µg (11.26%), Potassium: 274.98mg (7.86%), Vitamin B3: 1.45mg (7.25%), Iron: 1.28mg (7.09%), Vitamin K: 7.03µg (6.7%), Vitamin E: 0.91mg (6.06%), Copper: 0.1mg (5.12%), Vitamin B6: 0.1mg (5.09%), Phosphorus: 48.12mg (4.81%), Magnesium: 17.41mg (4.35%), Zinc: 0.38mg (2.5%), Calcium: 24.57mg (2.46%), Vitamin A: 121.06IU (2.42%), Vitamin B5: 0.24mg (2.39%)