



Easy Homemade Apple Fritters

 Vegetarian  Popular

READY IN



30 min.

SERVINGS



12

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour
- 1 cup apples chopped
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon cinnamon
- 1 eggs
- 0.3 cup milk
- 1.5 tablespoons milk
- 2 cups powdered sugar

- 0.8 teaspoon salt
- 0.3 cup sugar

Equipment

- bowl
- frying pan
- paper towels
- wire rack

Directions

- Combine flour, sugar, salt, baking powder, cinnamon. Stir in milk and egg until just combined. Fold in apple.
- Pour oil into skillet so that it is approximately 1 1/2 deep.
- Heat oil on high. Oil is ready when a little dough thrown in floats to top. Carefully add dough to oil in heaping teaspoons. Cook until brown, about 2 minutes, then flip. Cook another 1-2 minutes, until both sides are browned.
- Transfer briefly to paper towels to absorb excess oil, then transfer to cooling rack. Make glaze by stirring milk and powdered sugar together in a small bowl.
- Drizzle over apple fritters. Wait approximately 3 minutes for glaze to harden, then flip fritters and drizzle glaze over the other side. Best served warm.

Nutrition Facts



PROTEIN 4.91% **FAT 4.53%** **CARBS 90.56%**

Properties

Glycemic Index:29.17, Glycemic Load:9.32, Inflammation Score:-1, Nutrition Score:2.5365217391304%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin:
0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Taste

Sweetness: 100%, Saltiness: 10.17%, Sourness: 10.08%, Bitterness: 3.76%, Savoriness: 6.44%, Fattiness: 8.56%,
Spiciness: 0%

Nutrients (% of daily need)

Calories: 148.29kcal (7.41%), Fat: 0.76g (1.17%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 34.2g (11.4%), Net
Carbohydrates: 33.58g (12.21%), Sugar: 25.26g (28.07%), Cholesterol: 14.68mg (4.89%), Sodium: 207.61mg (9.03%),
Protein: 1.86g (3.71%), Selenium: 4.97µg (7.1%), Vitamin B1: 0.09mg (5.99%), Manganese: 0.11mg (5.33%), Folate:
21.11µg (5.28%), Vitamin B2: 0.09mg (5.15%), Calcium: 46.27mg (4.63%), Phosphorus: 39.46mg (3.95%), Iron:
0.64mg (3.58%), Vitamin B3: 0.64mg (3.19%), Fiber: 0.62g (2.48%), Vitamin B5: 0.14mg (1.41%), Vitamin B12: 0.08µg
(1.32%), Potassium: 41.66mg (1.19%), Copper: 0.02mg (1.15%), Magnesium: 4.53mg (1.13%), Vitamin D: 0.17µg (1.12%),
Zinc: 0.17mg (1.11%), Vitamin B6: 0.02mg (1.03%)