

Elephant Ears

READY IN



60 min.

SERVINGS



15

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons active yeast dry
- 4 cups flour all-purpose
- 3 tablespoons ground cinnamon
- 1.5 cups milk
- 1 quart oil for frying
- 1 teaspoon salt
- 0.4 cup shortening
- 6 tablespoons sugar white

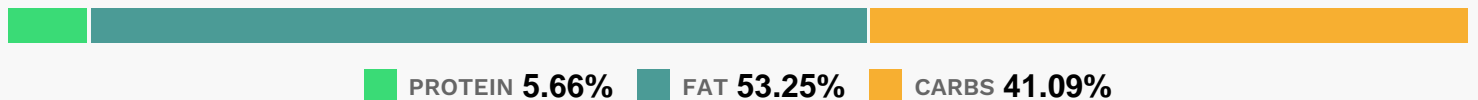
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- deep fryer

Directions

- In small saucepan over medium heat, combine milk, salt, 2 tablespoons sugar and shortening.
- Heat until shortening melts and sugar dissolves.
- Remove from heat and let cool to lukewarm, 110 degrees F (43 degrees C).
- Sprinkle in yeast and let sit until foamy.
- Transfer mixture to large bowl, and stir in flour to make a dough. Knead until smooth, cover and let rise 30 minutes.
- In a large heavy skillet or deep fryer, heat 1 inch of oil to 375 degrees F (190 degrees C).
- Roll out 1 to 2 inch balls of dough into thin sheets. Fry sheets 1 to 2 minutes on a side, until puffed and golden.
- Drain on paper towels.
- Combine cinnamon and 6 tablespoons sugar.
- Sprinkle over warm pastries.
- Serve.

Nutrition Facts



Properties

Glycemic Index:12.54, Glycemic Load:22.21, Inflammation Score:-4, Nutrition Score:8.1052174134099%

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 18.93g (29.12%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 30.97g (11.26%), Sugar: 6.09g (6.77%), Cholesterol: 2.93mg (0.98%), Sodium: 165.66mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Manganese: 0.51mg (25.5%), Vitamin B1: 0.34mg (22.36%), Folate: 73.58µg (18.39%), Vitamin E: 2.59mg (17.28%), Selenium: 11.88µg (16.98%), Vitamin B2: 0.22mg (13.01%), Vitamin K: 12.4µg (11.81%), Vitamin B3: 2.23mg (11.15%), Iron: 1.7mg (9.44%), Fiber: 1.89g (7.57%), Phosphorus: 65.07mg (6.51%), Calcium: 51.4mg (5.14%), Vitamin B5: 0.35mg (3.5%), Magnesium: 11.51mg (2.88%), Copper: 0.06mg (2.82%), Zinc: 0.41mg (2.71%), Potassium: 84.38mg (2.41%), Vitamin B12: 0.13µg (2.2%), Vitamin B6: 0.04mg (2.01%), Vitamin D: 0.27µg (1.79%)