



Fair-Winning Funnel Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 6 servings oil for deep-frying
- ☐ 6 servings garnish: powdered sugar
- ☐ 0.3 teaspoon salt

☐

2 tablespoons sugar

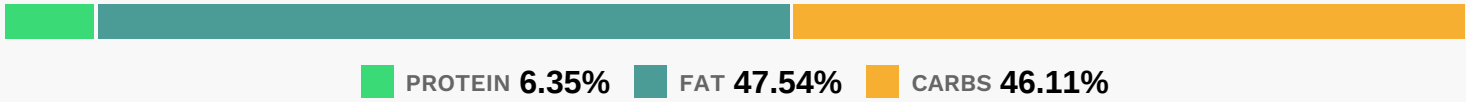
Equipment

- ☐ frying pan
- ☐ candy thermometer
- ☐ funnel

Directions

- ☐ Sift flour, sugar, baking soda, baking powder and salt together; set aside.
- ☐ Mix egg and milk together; add to flour mixture. Stir until batter is smooth.
- ☐ Pour oil into a deep skillet to a depth of one inch; heat oil over medium heat to 375 degrees on a candy thermometer. Holding a finger over the spout of a funnel, pour 1/4 cup batter into the funnel. Release your finger and allow batter to flow into the hot oil, spiraling batter to form cake. Fry for 2 minutes on each side or until golden brown; drain and sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:18.84, Inflammation Score:-2, Nutrition Score:6.8726086512856%

Nutrients (% of daily need)

Calories: 300.53kcal (15.03%), Fat: 15.96g (24.55%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 34.08g (12.39%), Sugar: 13.39g (14.87%), Cholesterol: 30.94mg (10.31%), Sodium: 372.72mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Selenium: 12.32µg (17.6%), Vitamin E: 2.56mg (17.06%), Vitamin B1: 0.24mg (15.87%), Folate: 54.28µg (13.57%), Vitamin B2: 0.22mg (12.65%), Vitamin K: 10.18µg (9.69%), Manganese: 0.19mg (9.68%), Phosphorus: 89.93mg (8.99%), Calcium: 85.14mg (8.51%), Vitamin B3: 1.68mg (8.39%), Iron: 1.5mg (8.32%), Vitamin B12: 0.23µg (3.83%), Vitamin B5: 0.35mg (3.48%), Vitamin D: 0.48µg (3.21%), Fiber: 0.75g (3.01%), Zinc: 0.42mg (2.77%), Magnesium: 10.83mg (2.71%), Potassium: 85.99mg (2.46%), Copper: 0.05mg (2.33%), Vitamin B6: 0.04mg (2.16%), Vitamin A: 89.01IU (1.78%)