



Crispy Pineapple Fritters

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 oz pineapple rings canned (contains 10 rings)
- 0.3 cup flour all-purpose
- 2 teaspoons cornstarch
- 1 eggs
- 1 teaspoon double-acting baking powder
- 12 servings salt
- 0.5 cup milk
- 3 cups panko bread crumbs

12 servings canola oil for shallow frying

Equipment

frying pan

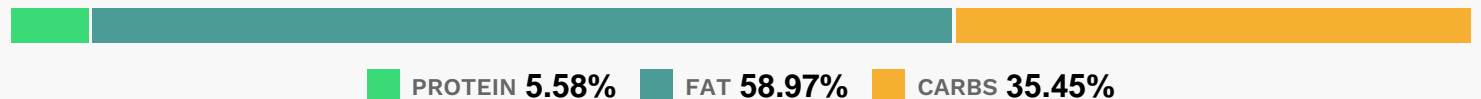
paper towels

whisk

Directions

- Prepare the batter by combining the flour, cornstarch, baking powder, salt, egg and milk in a shallow dish and whisk with a fork to make a pancake-like batter.
- Place the panko crumbs in another shallow dish.
- Place about an inch of oil in a large skillet and preheat the oil over medium-high heat.
- Pat the pineapple rings as dry as possible between sheets of paper towels. Slide each ring into the batter, tapping off any excess batter. Coat well in the crumbs. Immediately fry in the hot oil until golden brown on both sides.
- Serve hot, warm or at room temperature. Great just as is or optional garnishes can include powdered sugar, cinnamon sugar, ice cream, or whipped cream.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:5.7495652173913%

Taste

Sweetness: 100%, Saltiness: 14.1%, Sourness: 46.6%, Bitterness: 29.28%, Savoriness: 10.56%, Fattiness: 75.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 233.63kcal (11.68%), Fat: 15.55g (23.92%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 19.67g (7.15%), Sugar: 8.18g (9.09%), Cholesterol: 14.86mg (4.95%), Sodium: 348.55mg (15.15%), Protein: 3.31g (6.62%), Vitamin E: 2.52mg (16.78%), Vitamin B1: 0.22mg (14.72%), Vitamin K: 11.35µg (10.81%), Selenium: 6.18µg (8.83%), Manganese: 0.16mg (7.89%), Calcium: 69.67mg (6.97%), Vitamin B2: 0.11mg

(6.71%), Vitamin B3: 1.3mg (6.48%), Folate: 24.9µg (6.23%), Iron: 1.08mg (6.01%), Phosphorus: 55.74mg (5.57%), Fiber: 1.36g (5.45%), Vitamin C: 4.44mg (5.38%), Copper: 0.1mg (4.78%), Magnesium: 15.88mg (3.97%), Vitamin B6: 0.07mg (3.36%), Potassium: 111.2mg (3.18%), Zinc: 0.37mg (2.48%), Vitamin B12: 0.14µg (2.33%), Vitamin B5: 0.19mg (1.88%), Vitamin D: 0.19µg (1.23%), Vitamin A: 59.89IU (1.2%)