



Fried Dough Puffs With Lime Syrup

 Vegetarian

READY IN



35 min.

SERVINGS



25

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large egg yolks
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup honey
- ☐ 2 juice of lime grated
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 25 servings vegetable oil for frying

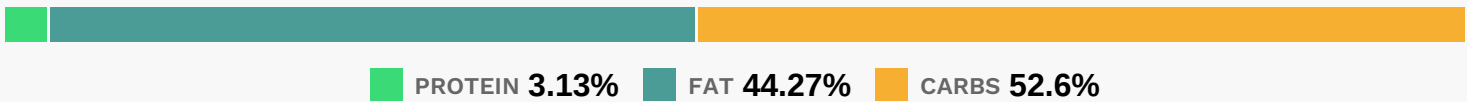
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine the sugar, honey, lime zest, lime juice and 1/4 cup water in a small saucepan over medium heat. Bring to a simmer and cook 5 minutes.
- ☐ Remove from the heat; set aside. (You can refrigerate the syrup, covered, up to 3 days; reheat before serving.)
- ☐ Whisk the flour, 3/4 cup water, the egg yolks, butter and salt in a large bowl to make a loose batter.
- ☐ Heat 1/2 inch vegetable oil in a large deep skillet until a deep-fry thermometer registers 350 degrees F. Working in batches, pour scant tablespoonfuls of batter into the hot oil and fry, turning once, until golden on both sides, about 3 minutes per batch. (Return the oil to 350 degrees F between batches.)
- ☐ Transfer to a paper towel-lined plate to drain.
- ☐ Drizzle with the lime syrup.
- ☐ You can fry these treats up to 4 hours ahead.
- ☐ Serve at room temperature or reheat in a 375 degrees F oven.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:7.78, Inflammation Score:-1, Nutrition Score:1.3639130462771%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 93.63kcal (4.68%), Fat: 4.75g (7.31%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 12.58g (4.58%), Sugar: 9.62g (10.69%), Cholesterol: 25.64mg (8.55%), Sodium: 3.15mg (0.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin K: 5.31µg (5.05%), Selenium: 2.51µg (3.59%), Folate: 10.27µg (2.57%), Vitamin B1: 0.03mg (2.25%), Vitamin E: 0.33mg (2.19%), Vitamin B2: 0.03mg (1.97%), Manganese: 0.03mg (1.64%), Iron: 0.26mg (1.46%), Vitamin A: 72.6IU (1.45%), Phosphorus: 13.02mg (1.3%), Vitamin B3: 0.23mg (1.17%)