



## Fried Pastry Rings

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon cinnamon
- 3 large eggs
- 1 cup flour italian all-purpose
- 0.5 lemon zest finely grated
- 0.8 cup water
- 0.5 teaspoon salt
- 0.5 cup sugar
- 5 tablespoons butter unsalted cut into small pieces

- 6 cups vegetable oil for deep-frying

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- plastic wrap
- wooden spoon
- kitchen thermometer
- dutch oven

## Directions

- Bring milk, butter, salt, and zest to a boil in a 2-quart heavy saucepan over high heat, stirring just until butter is melted, then reduce heat to moderate.
- Add flour all at once, stirring vigorously with a wooden spoon until mixture is smooth and pulls away from side of pan, 1 to 2 minutes.
- Remove from heat and cool slightly, 1 to 2 minutes.
- Add eggs 1 at a time, stirring vigorously after each addition until smooth.
- Heat 2 inches of oil in a 4-quart deep heavy pot (preferably a cast-iron Dutch oven) over moderately high heat until thermometer registers 360°F.
- Sift together sugar and cinnamon into a bowl.
- While oil is heating, roll rounded tablespoons of dough into balls with dampened hands and put them on an oiled sheet of plastic wrap. Pick up a ball and make a hole in the middle with your thumb, then insert the handle of a wooden spoon in the hole. When oil reaches 360°F, carefully lower dough on handle into oil, then gently widen hole with a circular motion of spoon until dough rises to surface, about 30 seconds (don't worry if some break open).
- Remove spoon, leaving buñuelo cooking in oil, and repeat with 4 more balls. Fry, turning occasionally, until deep golden and cooked through, 6 to 7 minutes.
- Drain briefly on paper towels. Turn warm buñuelos in sugar mixture to coat.
- Form and fry more buñuelos, in batches of 5, in same manner.

\* Available in Italian markets, specialty foods shops, and at Dean & DeLuca (877-826-9246).

## Nutrition Facts

**PROTEIN 3.32%** **FAT 76.13%** **CARBS 20.55%**

### Properties

Glycemic Index:7.5, Glycemic Load:6.95, Inflammation Score:-2, Nutrition Score:3.2721738659817%

### Nutrients (% of daily need)

Calories: 194.51kcal (9.73%), Fat: 16.71g (25.72%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.75g (3.55%), Sugar: 5.05g (5.61%), Cholesterol: 35.42mg (11.81%), Sodium: 69.84mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin K: 24.47µg (23.3%), Vitamin E: 1.24mg (8.29%), Selenium: 4.5µg (6.43%), Manganese: 0.12mg (5.75%), Vitamin B2: 0.07mg (3.97%), Folate: 15.11µg (3.78%), Vitamin B1: 0.05mg (3.49%), Vitamin A: 129.22IU (2.58%), Iron: 0.46mg (2.57%), Phosphorus: 22.71mg (2.27%), Vitamin B3: 0.38mg (1.91%), Fiber: 0.4g (1.59%), Vitamin B5: 0.15mg (1.48%), Vitamin D: 0.2µg (1.35%), Vitamin B12: 0.07µg (1.21%), Calcium: 10.54mg (1.05%), Zinc: 0.15mg (1.02%)