

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 milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 5 tablespoons butter unsalted cut into small pieces

- ☐ 6 cups vegetable oil for deep-frying

Equipment

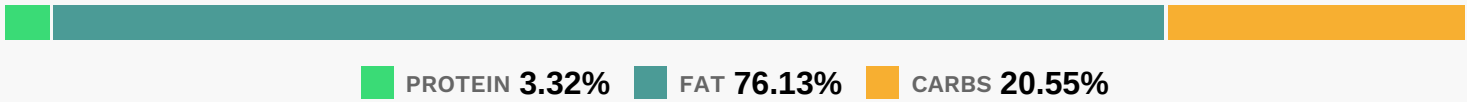
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ dutch oven

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



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: Og (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%)