



Funnel Cakes

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 4 tablespoons butter melted
- 1 eggs beaten
- 2 cups flour all-purpose
- 2 cups milk
- 8 servings powdered sugar for topping
- 1 teaspoon salt
- 1 tablespoon sugar

1 teaspoon vanilla

Equipment

bowl

blender

funnel

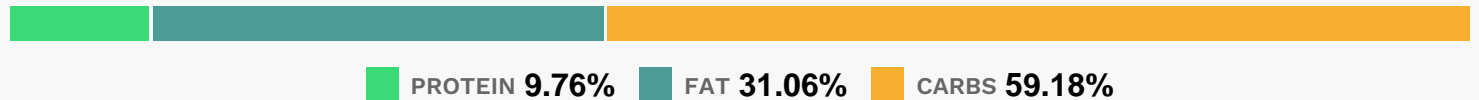
Directions

Combine milk, egg, vanilla in a large bowl. In a separate bowl, combine flour, salt, baking soda, and sugar and gradually add to wet ingredients. Beat with a mixer until a smooth batter forms. Fold in melted butter.

Pour batter into a funnel or squeeze bottle while using your index finger to stop the flow of the batter. Bring the funnel over the hot oil and release your finger to start a stream of batter while moving the funnel in a circular motion to create spiral-like shapes. Fry for 2 to 3 minutes until golden brown and slightly puffed.

Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:19.38, Inflammation Score:-4, Nutrition Score:7.0704347361689%

Nutrients (% of daily need)

Calories: 246.74kcal (12.34%), Fat: 8.46g (13.02%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 35.44g (12.89%), Sugar: 12.43g (13.81%), Cholesterol: 42.83mg (14.28%), Sodium: 504.33mg (21.93%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.98g (11.96%), Selenium: 13.57µg (19.39%), Vitamin B1: 0.28mg (18.81%), Vitamin B2: 0.27mg (15.79%), Folate: 59.98µg (15%), Manganese: 0.22mg (10.97%), Phosphorus: 107.96mg (10.8%), Vitamin B3: 1.92mg (9.59%), Iron: 1.56mg (8.65%), Calcium: 84.81mg (8.48%), Vitamin B12: 0.39µg (6.5%), Vitamin A: 303.45IU (6.07%), Vitamin D: 0.78µg (5.21%), Vitamin B5: 0.46mg (4.57%), Potassium: 135.2mg (3.86%), Magnesium: 15.06mg (3.77%), Zinc: 0.55mg (3.66%), Fiber: 0.84g (3.38%), Vitamin B6: 0.06mg (3.03%), Copper: 0.05mg (2.54%), Vitamin E: 0.27mg (1.8%)