

Funnel Cakes

 Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



1565 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup powdered sugar
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1.5 cups milk
- 0.5 teaspoon salt
- 8 cups vegetable oil for frying

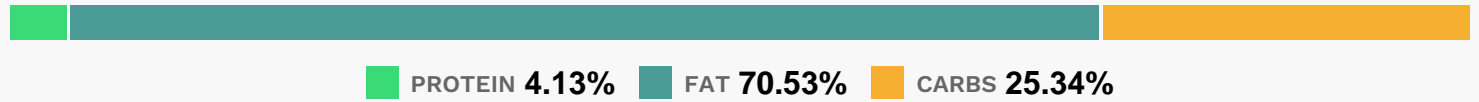
Equipment

- bowl
- frying pan
- paper towels
- funnel

Directions

- In a deep-fryer, or heavy skillet, heat oil to 375 degrees F (190 degrees C).
- In a large bowl, beat milk and eggs together.
- Combine flour, baking powder, cinnamon and salt. Stir into the egg mixture until smooth.
- While covering the funnel hole with one hand, pour in 1 cup of batter. Start from the center in a swirling motion to make a 6 or 7 inch round. Fry on both sides until golden brown.
- Remove and drain on paper towels.
- Sprinkle with confectioners' sugar and serve warm.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:48.51, Inflammation Score:-8, Nutrition Score:25.929565306105%

Nutrients (% of daily need)

Calories: 1564.51kcal (78.23%), Fat: 123.78g (190.43%), Saturated Fat: 21.05g (131.56%), Carbohydrates: 100.08g (33.36%), Net Carbohydrates: 97.65g (35.51%), Sugar: 35.55g (39.5%), Cholesterol: 123.76mg (41.25%), Sodium: 619.23mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin K: 214.62µg (204.4%), Vitamin E: 9.94mg (66.25%), Selenium: 39.77µg (56.81%), Vitamin B1: 0.73mg (48.95%), Vitamin B2: 0.72mg (42.35%), Folate: 166.31µg (41.58%), Manganese: 0.64mg (32.1%), Phosphorus: 300.73mg (30.07%), Calcium: 261.21mg (26.12%), Iron: 4.6mg (25.55%), Vitamin B3: 5.07mg (25.37%), Vitamin B12: 0.92µg (15.33%), Vitamin D: 1.93µg (12.86%), Vitamin B5: 1.27mg (12.71%), Zinc: 1.47mg (9.81%), Fiber: 2.43g (9.72%), Magnesium: 37.06mg (9.27%), Potassium: 315.03mg (9%), Vitamin B6: 0.16mg (8.07%), Copper: 0.15mg (7.3%), Vitamin A: 357.02IU (7.14%)