



Funnel Cakes with Strawberry Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



652 kcal

DESSERT

Ingredients

- ☐ 3 cups baking mix
- ☐ 0.5 cup brown sugar
- ☐ 3 cups canola oil for frying
- ☐ 2 large eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 2 cups milk
- ☐ 0.3 cup powdered sugar
- ☐ 12 ounce strawberries frozen thawed

☐ 1 teaspoon vanilla extract

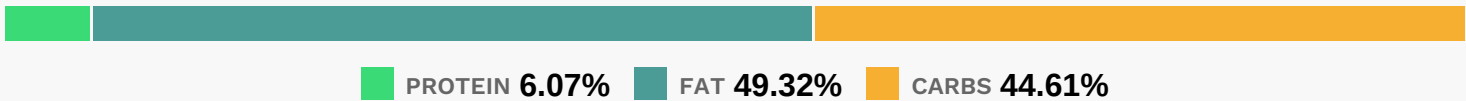
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ funnel

Directions

- ☐ In a deep-sided skillet over medium heat, add the oil and heat to 350 degrees F.
- ☐ In a large bowl, whisk together the baking mix and brown sugar. In another bowl, whisk together the eggs, vanilla, and milk.
- ☐ Pour the wet ingredients into the dry ingredients and whisk until blended and no lumps.
- ☐ Put the strawberries into the bowl of a food processor and add the sugar. Process until smooth.
- ☐ Transfer to a small serving bowl and set aside.
- ☐ When you are ready to fry, pour 3/4 cup batter into a funnel, holding your finger over the bottom. (You can also use a squeeze bottle or a plastic food storage bag.) Release your finger and pour the batter into the oil making a circular motion and crisscrossing over the top. Cook until golden brown, 2 to 3 minutes on each side.
- ☐ Drain on brown paper.
- ☐ Serve the funnel cakes dusted with powdered sugar and the strawberry sauce on the side.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:5.52, Inflammation Score:-6, Nutrition Score:17.264782490938%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 652.03kcal (32.6%), Fat: 36.01g (55.4%), Saturated Fat: 6.07g (37.94%), Carbohydrates: 73.3g (24.43%), Net Carbohydrates: 70.9g (25.78%), Sugar: 40.49g (44.98%), Cholesterol: 72.96mg (24.32%), Sodium: 826.07mg (35.92%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 9.97g (19.94%), Phosphorus: 480.53mg (48.05%), Vitamin C: 33.52mg (40.63%), Vitamin E: 4.38mg (29.19%), Vitamin B1: 0.41mg (27.39%), Vitamin B2: 0.47mg (27.38%), Folate: 96.62µg (24.16%), Calcium: 241.23mg (24.12%), Manganese: 0.44mg (22.22%), Vitamin K: 21.41µg (20.39%), Selenium: 11.66µg (16.66%), Vitamin B3: 3.07mg (15.32%), Vitamin B12: 0.82µg (13.69%), Iron: 2.32mg (12.9%), Vitamin B5: 1.18mg (11.85%), Potassium: 355.1mg (10.15%), Fiber: 2.39g (9.58%), Magnesium: 35.86mg (8.97%), Vitamin D: 1.23µg (8.19%), Vitamin B6: 0.16mg (7.89%), Copper: 0.14mg (7.11%), Zinc: 1mg (6.63%), Vitamin A: 230.96IU (4.62%)