



Gourmet Shells

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



13 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 1 tablespoon vanilla extract
- 2 teaspoons sugar white

Equipment

- paper towels

slotted spoon

Directions

- Heat mold by letting sit in hot oil.
- Remove mold and let excess shortening drain off. Dip mold into batter. Do not go over the top.
- Hold in the hot oil about 45 seconds or until lightly browned.
- Remove and drain on paper towels or brown bags.
- Dust with confectioners sugar if desired. When you make the first one it's usually a waste cookie because it sticks. But after that they usually fall off the mold as they're cooking, just scoop out with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:0.55652173689526%

Nutrients (% of daily need)

Calories: 13.26kcal (0.66%), Fat: 0.29g (0.45%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.37g (0.41%), Cholesterol: 5.94mg (1.98%), Sodium: 13.38mg (0.58%), Alcohol: 0.07g (100%), Alcohol %: 1.18% (100%), Protein: 0.53g (1.07%), Selenium: 1.23µg (1.76%), Vitamin B2: 0.02mg (1.34%), Vitamin B1: 0.02mg (1.28%), Folate: 4.5µg (1.13%)