



Ham and Apple Fritters with Cranberry Orange Crown and Royal Fig Dipping Sauces

READY IN



19 min.

SERVINGS



18

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 18 servings canola oil for frying
- ☐ 8.5 ounce corn bread mix (recommended: Jiffy)
- ☐ 1 cup cream cheese room temperature
- ☐ 0.3 pound ham smoked diced
- ☐ 1 eggs
- ☐ 0.3 cup fig preserves
- ☐ 1 fuji apple grated
- ☐ 1 teaspoon garlic powder

- ☐ 0.3 cups milk
- ☐ 0.3 cup onions frozen thawed chopped
- ☐ 0.3 orange juice
- ☐ 0.3 cup orange juice
- ☐ 1 pinch salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.3 cup cranberry sauce whole

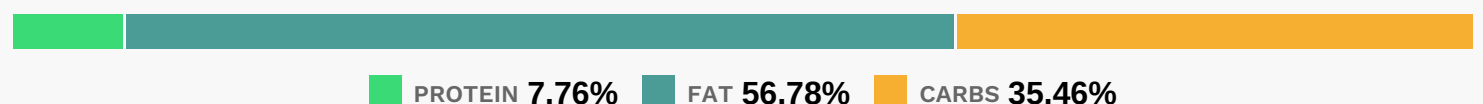
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven or deep-fryer until it reaches 350 degree F.
- ☐ In a large bowl add the cornbread mix, garlic powder, milk, egg and onions.
- ☐ Mix well to combine.
- ☐ Add apple and ham and stir to combine.
- ☐ Using a tablespoon or small scoop, carefully slide tablespoon size amounts of the fritter batter into the hot oil. Fry about 6 at a time. Fry for approximately 2 to 3 minutes or until golden brown and crispy.
- ☐ Remove from oil and drain on paper towel lined baking tray.
- ☐ Serve alongside dipping sauces.
- ☐ Combined all ingredients into a small bowl and mix well.
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Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.06, Inflammation Score:-3, Nutrition Score:3.7004348117372%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 185.37kcal (9.27%), Fat: 11.86g (18.24%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.41g (5.6%), Sugar: 8.07g (8.96%), Cholesterol: 33.07mg (11.02%), Sodium: 237.85mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Phosphorus: 115.53mg (11.55%), Vitamin B2: 0.11mg (6.51%), Vitamin A: 298.75IU (5.98%), Vitamin E: 0.76mg (5.05%), Fiber: 1.25g (5%), Vitamin B1: 0.07mg (4.93%), Selenium: 3.25µg (4.65%), Folate: 17.97µg (4.49%), Calcium: 41.4mg (4.14%), Vitamin C: 3.21mg (3.89%), Vitamin K: 3.43µg (3.27%), Iron: 0.55mg (3.05%), Manganese: 0.06mg (2.9%), Potassium: 101.18mg (2.89%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.25mg (2.48%), Magnesium: 9.81mg (2.45%), Vitamin B6: 0.05mg (2.41%), Zinc: 0.36mg (2.39%), Copper: 0.04mg (2.17%), Vitamin B12: 0.11µg (1.78%)