



Jalebi

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons yeast dry
- ☐ 2 teaspoons bengal gram flour
- ☐ 1.5 cups flour
- ☐ 2 cups ghee for frying melted
- ☐ 1 teaspoon juice of lemon
- ☐ 1.8 cups lime
- ☐ 1.5 teaspoons sugar
- ☐ 1 tablespoon water

- ☐ 4 drops food coloring yellow

Equipment

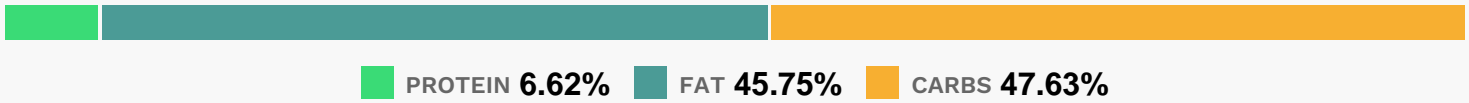
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ pastry bag

Directions

- ☐ To make the batter
- ☐ Dissolve the yeast in 1 tablespoon of the water and let sit for just 10 minutes, and no longer. In a large bowl, combine the maida flour and Bengal gram flour.
- ☐ Add the yeast, melted ghee, sugar, lemon juice, yellow food coloring, and remaining 2/3 cup water and mix until there are no more lumps.
- ☐ To fry the jalebis
- ☐ Melt enough ghee in a heavy-bottomed pot to fill it 1 inch deep. Line plates with paper towels for draining the fried cakes.
- ☐ Pour the lime-saffron syrup into a saucepan over low heat, to keep it warm. Fit a pastry bag with a small writing tip, and pour the batter into the bag.
- ☐ Squeeze 2-inch round whorls of batter into the hot ghee, working closely from the center out. Fry until golden brown on the bottom, then flip to fry on the other side until it's golden brown.
- ☐ Remove the jalebis from the oil and set on paper towels to drain.
- ☐ Transfer the hot cakes to the lime-saffron syrup and let soak for a minute or two.
- ☐ To serve
- ☐ Serve the jalebis warm in small bowls with syrup. Or you can remove the jalebis from the syrup and set on a rack to dry for 3 to 4 hours, until the syrup has formed a hard shell.
- ☐ Variation
- ☐ Indian Spice Jalebi
- ☐ Add 1/2 teaspoon ground cardamom to the batter and 3 whole cloves to the syrup.

Recipe excerpted from A World of Cake (c) 2010 by Krystina Castella, used with permission from Storey Publishing.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:14.06, Inflammation Score:-1, Nutrition Score:4.7369564931192%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 9.12mg, Hesperetin: 9.12mg, Hesperetin: 9.12mg, Hesperetin: 9.12mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 179.81kcal (8.99%), Fat: 9.34g (14.37%), Saturated Fat: 5.62g (35.11%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 20.44g (7.43%), Sugar: 1.18g (1.31%), Cholesterol: 23.04mg (7.68%), Sodium: 1.93mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin B1: 0.26mg (17.22%), Folate: 60.64µg (15.16%), Selenium: 8.08µg (11.54%), Manganese: 0.18mg (8.79%), Vitamin B2: 0.14mg (8.52%), Vitamin B3: 1.7mg (8.48%), Vitamin C: 6.39mg (7.75%), Iron: 1.28mg (7.13%), Fiber: 1.43g (5.71%), Phosphorus: 36.7mg (3.67%), Copper: 0.06mg (3.2%), Vitamin B5: 0.23mg (2.28%), Magnesium: 8.55mg (2.14%), Zinc: 0.29mg (1.93%), Potassium: 62.68mg (1.79%), Vitamin B6: 0.03mg (1.42%), Calcium: 13.21mg (1.32%)