

Jemput Jumput (Banana Fritters)

 Vegetarian  Vegan  Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

18

CALORIES

calories

83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 bananas ripe
- ☐ 0.6 cup flour all-purpose
- ☐ 18 servings oil for frying
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar white

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ deep fryer

Directions

- ☐ Heat oil in a deep fryer or heavy bottomed pan to 375 degrees F (190 degrees C).
- ☐ Sift the flour, salt, and baking powder into a medium bowl.
- ☐ In a separate bowl, mash together the bananas and sugar. Gradually mix flour mixture into mashed bananas, stirring until well combined.
- ☐ Drop batter by spoonfuls into hot oil, and cook, turning once, until browned, 2 to 8 minutes.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:8.2, Inflammation Score:-1, Nutrition Score:2.6295652234036%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 83.38kcal (4.17%), Fat: 2.98g (4.58%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.19g (4.8%), Sugar: 6.81g (7.56%), Cholesterol: 0mg (0%), Sodium: 26.21mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Vitamin B6: 0.15mg (7.31%), Manganese: 0.14mg (6.8%), Fiber: 1.14g (4.56%), Potassium: 145.54mg (4.16%), Vitamin C: 3.42mg (4.15%), Folate: 15.81µg (3.95%), Vitamin E: 0.53mg (3.55%), Vitamin B1: 0.05mg (3.08%), Vitamin B2: 0.05mg (2.97%), Magnesium: 11.63mg (2.91%), Selenium: 1.88µg (2.68%), Vitamin B3: 0.52mg (2.59%), Vitamin K: 2.21µg (2.1%), Copper: 0.04mg (1.85%), Iron: 0.33mg (1.83%), Phosphorus: 18.21mg (1.82%), Calcium: 15.7mg (1.57%), Vitamin B5: 0.15mg (1.5%)