

Kruschicki

 Vegetarian

READY IN

ready

40 min.

SERVINGS

servings

100

CALORIES

calories

29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 6 egg yolks
- ☐ 3 cups flour all-purpose
- ☐ 0.5 pint cup heavy whipping cream sour
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup vegetable oil for frying
- ☐ 1 tablespoon irish whiskey
- ☐ 3 tablespoons sugar white

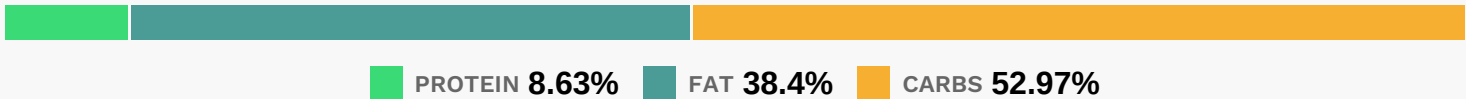
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ In a large bowl, beat together the egg yolks, sour cream, white sugar, vanilla and whiskey until smooth. Stir in flour until dough is stiff enough to knead. Turn out onto a floured surface and knead until smooth. Knead in additional flour if necessary. Divide dough into 3 or 4 pieces and roll each ball on floured surface.
- ☐ Cut into strips about 3 inches long then make a slit long ways down the middle. Pull one of the ends through like a bow.
- ☐ Place into hot oil and deep fry until golden brown.
- ☐ Let drain on paper towels and sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:0.83173912431559%

Nutrients (% of daily need)

Calories: 29.36kcal (1.47%), Fat: 1.22g (1.88%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.68g (1.34%), Sugar: 0.86g (0.96%), Cholesterol: 13.06mg (4.35%), Sodium: 1.35mg (0.06%), Alcohol: 0.1g (100%), Alcohol %: 1.2% (100%), Protein: 0.62g (1.23%), Selenium: 1.97µg (2.81%), Folate: 8.58µg (2.15%), Vitamin B1: 0.03mg (2.12%), Vitamin B2: 0.03mg (1.67%), Manganese: 0.03mg (1.34%), Iron: 0.21mg (1.14%), Vitamin B3: 0.22mg (1.12%), Phosphorus: 10.07mg (1.01%)