



Mom's Apple Fritters

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups apples cored peeled chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup cinnamon sugar
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

☐ 1 tablespoon sugar white

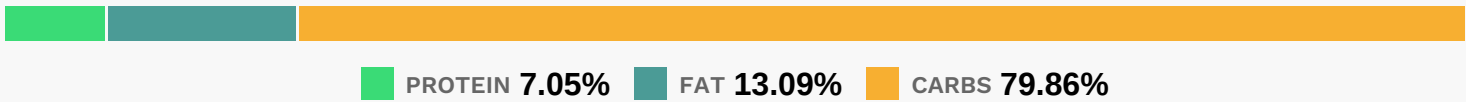
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a deep-fryer or electric skillet to 375 degrees F (190 degrees C).
- ☐ In a large bowl, stir together the flour, sugar, baking powder and salt.
- ☐ Pour in the milk, eggs and oil and stir until well blended.
- ☐ Mix in apples until they are evenly distributed.
- ☐ Drop spoonfuls of the batter into the hot oil and fry until golden on both sides, about 5 minutes depending on the size. Fry in smaller batches so they are not crowded.
- ☐ Remove from the hot oil using a slotted spoon and drain briefly on paper towels. Toss with cinnamon sugar while still warm.

Nutrition Facts



Properties

Glycemic Index:15.72, Glycemic Load:11.25, Inflammation Score:-1, Nutrition Score:2.070869554644%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 85.07kcal (4.25%), Fat: 1.26g (1.94%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 16.76g (6.1%), Sugar: 10.8g (12%), Cholesterol: 14.45mg (4.82%), Sodium: 91.96mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Selenium: 3.96µg (5.65%), Vitamin B1: 0.07mg (4.62%), Vitamin B2: 0.07mg (4.14%), Folate: 16.49µg (4.12%), Calcium: 32.2mg (3.22%), Phosphorus: 31.57mg (3.16%), Manganese: 0.06mg (3.03%), Iron: 0.49mg (2.71%), Vitamin B3: 0.49mg (2.43%), Fiber: 0.59g (2.35%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.13mg (1.25%), Potassium: 40.56mg (1.16%), Vitamin B12: 0.07µg (1.15%), Vitamin B6: 0.02mg (1.01%)