



Nutty Bunuelos

 Dairy Free

READY IN



4 min.

SERVINGS



15

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cake flour
- 1 tablespoon powdered sugar
- 2 eggs
- 2 tablespoons honey
- 1 quart cooking oil for frying or as needed
- 0.3 teaspoon salt
- 0.5 cup walnut pieces chopped

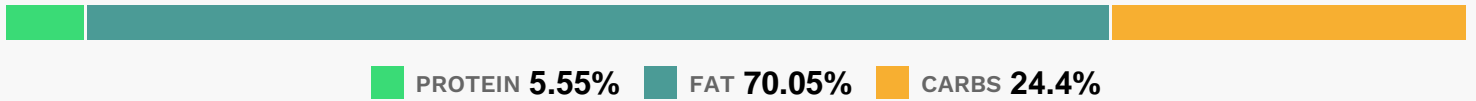
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Whisk eggs together in a large bowl.
- Combine the cake flour, confectioners' sugar and salt; gradually stir into the eggs to make a stiff dough.
- Heat oil in a deep-fryer or large heavy skillet to 375 degrees F (190 degrees C). Pinch off walnut sized pieces of dough, and roll them out into thin circles on a lightly floured surface.
- Fry in hot oil for 3 to 4 minutes, turning once to brown evenly on both sides.
- Drain on paper towels, and cool.
- Drizzle honey over the tops, and sprinkle with chopped nuts.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:7.13, Inflammation Score:-2, Nutrition Score:3.4234782878471%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 201.15kcal (10.06%), Fat: 15.93g (24.5%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.92g (4.33%), Sugar: 2.98g (3.31%), Cholesterol: 21.82mg (7.27%), Sodium: 47.54mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin E: 2.35mg (15.65%), Manganese: 0.24mg (11.81%), Selenium: 6.98µg (9.97%), Vitamin K: 9.16µg (8.72%), Copper: 0.09mg (4.5%), Phosphorus: 37.35mg (3.73%), Folate: 10.76µg (2.69%), Magnesium: 10.05mg (2.51%), Vitamin B2: 0.04mg (2.43%), Fiber: 0.57g (2.27%), Zinc: 0.31mg (2.06%), Iron: 0.34mg (1.89%), Vitamin B6: 0.04mg (1.81%), Vitamin B1: 0.03mg (1.71%), Vitamin B5: 0.17mg (1.69%), Potassium: 39.27mg (1.12%)