

# Pear Fritters

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.1 teaspoon pepper black
- 1 eggs
- 0.7 cup flour all-purpose
- 3 tablespoons milk
- 4 servings oil for deep frying
- 1 tablespoon olive oil
- 1 pears diced cored peeled

0.3 teaspoon salt

## Equipment

bowl

frying pan

paper towels

deep fryer

## Directions

Heat olive oil in a skillet over medium-high heat.

Saute the pears until caramelized; set aside to cool.

Meanwhile, in a medium bowl combine flour, baking powder, salt and pepper; form a well in the center. In a small, separate bowl beat the egg with the milk and pour into the dry ingredients; mix well.

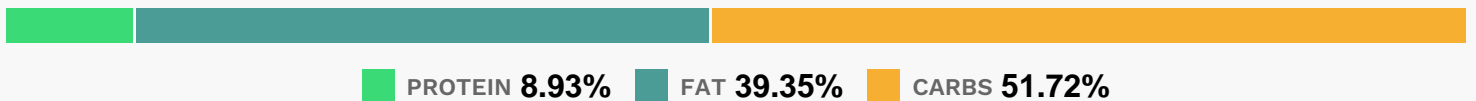
Gently fold pears into the batter.

Heat deep fryer to 350 degrees F (175 degrees C). Drop batter by rounded spoonfuls into hot oil, and fry until golden brown.

Drain briefly on paper towels.

Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:68.44, Glycemic Load:13.94, Inflammation Score:-2, Nutrition Score:5.9952173854994%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## **Nutrients (% of daily need)**

Calories: 180.06kcal (9%), Fat: 7.97g (12.27%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 21.62g (7.86%), Sugar: 4.98g (5.53%), Cholesterol: 42.27mg (14.09%), Sodium: 272.18mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Selenium: 10.7µg (15.29%), Vitamin B1: 0.18mg (11.98%), Folate: 46.42µg (11.61%), Vitamin B2: 0.18mg (10.61%), Manganese: 0.18mg (8.77%), Calcium: 86.29mg (8.63%), Phosphorus: 82.99mg (8.3%), Vitamin E: 1.18mg (7.88%), Fiber: 1.96g (7.84%), Iron: 1.38mg (7.65%), Vitamin B3: 1.32mg (6.61%), Vitamin K: 6.29µg (5.99%), Copper: 0.08mg (3.78%), Vitamin B5: 0.32mg (3.25%), Potassium: 107.06mg (3.06%), Magnesium: 10.75mg (2.69%), Vitamin B12: 0.16µg (2.64%), Zinc: 0.38mg (2.53%), Vitamin B6: 0.05mg (2.39%), Vitamin C: 1.91mg (2.32%), Vitamin D: 0.34µg (2.29%), Vitamin A: 89.09IU (1.78%)