



## Pecan Stuffed Tempura Apples

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 servings cinnamon to taste
- ☐ 1 egg white
- ☐ 1 cup flour
- ☐ 0.8 cup pecans coarsely chopped
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 tablespoon salt
- ☐ 0.3 teaspoon vanilla
- ☐ 1 cup water very cold

☐ 2 cup barely whipped cream sweetened

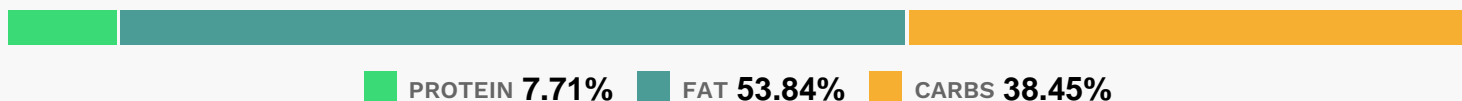
## Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ microwave
- ☐ deep fryer

## Directions

- ☐ Add the brown sugar, salt, vanilla, pecan pieces and the egg white to a small bowl stir to mix well. Cover the bowl and put it in the refrigerator, until well chilled. When ready to serve prep the apples by using an apple-corer remove the entire core of each apple. Run the corer through the entire apple, making a hole from top to bottom.
- ☐ Place all the cored apples on a plate and cover with plastic wrap. Microwave the apples for about one minute. You want to barely cook the apples. They should still be crisp and firm and hold their shape. Once cool enough to handle fill each apple with the well-chilled pecan mixture, it should be quite sticky and not at all runny. You will probably have more pecan mixture than you need. Save it for ice cream, or bake it into a great cookie. Once filled move the prepped apples to the refrigerator while you make the tempura batter. In a medium sized bowl.
- ☐ Add the egg and water to the bowl. Be sure to use very cold water. Sift the flour and confectioners sugar into the bowl and mix lightly with a fork. Be careful not to over-mix the batter. Working one at a time, roll the apples around in the batter. Then drop them carefully into a deep fryer that has been preheated to 360 degrees F. Watch them they get golden brown very quickly. They will probably cook in less than a minute.
- ☐ Serve them hot, 2 per person, with a small dollop of the barely sweetened whipped cream and a sprinkle of cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:24.17, Glycemic Load:12.96, Inflammation Score:-3, Nutrition Score:8.1047826448213%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 234.59kcal (11.73%), Fat: 14.49g (22.29%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 20.36g (7.4%), Sugar: 3.6g (4%), Cholesterol: 15.2mg (5.07%), Sodium: 303.21mg (13.18%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 4.67g (9.33%), Manganese: 1.11mg (55.32%), Vitamin B1: 0.26mg (17.43%), Selenium: 8.93µg (12.76%), Fiber: 2.93g (11.73%), Folate: 42.04µg (10.51%), Copper: 0.21mg (10.51%), Vitamin B2: 0.16mg (9.22%), Iron: 1.5mg (8.31%), Phosphorus: 80.08mg (8.01%), Vitamin B3: 1.44mg (7.18%), Magnesium: 25.44mg (6.36%), Zinc: 0.88mg (5.87%), Calcium: 54.65mg (5.46%), Potassium: 124.66mg (3.56%), Vitamin A: 150.53IU (3.01%), Vitamin B5: 0.29mg (2.87%), Vitamin E: 0.38mg (2.52%), Vitamin B6: 0.05mg (2.47%), Vitamin K: 1.54µg (1.47%), Vitamin B12: 0.06µg (1.04%)