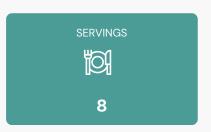
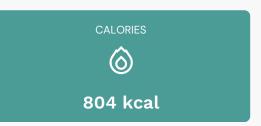


Picarones con Miel

Vegetarian







SIDE DISH

Ingredients

| Ш | 2 cups pumpkin puree canned |
|---|---------------------------------|
| | 1 cinnamon sticks |
| | 1 large eggs |
| | 3 cups flour all-purpose |
| | 2 bay leaves fresh (preferably) |
| | 2 Tbsp granulated sugar |
| | 2 cups acacia honey |

0.5 oz yeast instant

| | 1 tsp kosher salt | |
|-----------|--|--|
| | 0.3 cup warm milk | |
| | 1 navel oranges | |
| | 1 star anise | |
| | 1.5 qts vegetable oil for frying | |
| Equipment | | |
| | bowl | |
| | frying pan | |
| | baking sheet | |
| | sauce pan | |
| | baking paper | |
| | pot | |
| | kitchen thermometer | |
| | stand mixer | |
| | kitchen towels | |
| | peeler | |
| Di | rections | |
| | To make the infused honey, use a vegetable peeler to remove the zest (with no pith) from the orange in wide strips; set aside the fruit for another use. | |
| | Combine the orange zest with the honey, bay leaves, cinnamon stick, and star anise in a small saucepan and bring to a simmer over medium heat. Take the pan off the heat and allow the honey to steep for 1 hour. Strain the honey, cover, and store at room temperature until needed. | |
| | To make the picarones, combine the yeast with the warm water in a small bowl and leave at room temperature for 10 minutes until foamy. | |
| | Transfer the mixture to the bowl of a stand mixer fitted with a dough hook. | |
| | Add the sugar, egg, pumpkin purée, and salt and mix on medium speed until well combined. Slowly add the flour, about one-half cup at a time. Continue to mix at medium speed until the | |

| | surface, cover it with a clean, dry kitchen towel, and leave it to rise at room temperature until doubled in size, about 1 hour. | |
|-----------------|--|--|
| | Heat the oil to 350°F in a stockpot, using a candy or deep-fry thermometer to monitor the temperature. Line a baking sheet with parchment paper. | |
| | Punch down the dough with your fists, deflating it enough to handle and portion it into 16 equal balls. | |
| | Roll each ball into a 6-inch rope (3 inches in diameter) and press the ends together to form a ring. | |
| | Let the rings rest for 10 minutes. | |
| | Fry the rings in batches, turning once, until crispy and golden brown, about 2 minutes per side. | |
| | Drain on the baking sheet. | |
| | Sprinkle the picarones with confectioners' sugar and serve hot, with the infused honey drizzled over the top or in a bowl for dipping. | |
| | Reprinted with permission from The Latin Road Home by Jose Garces, © 2012 Lake Isle Press | |
| Nutrition Facts | | |
| | | |

dough is smooth and elastic, about 8 minutes. Turn the dough out onto a clean, dry work

Properties

Glycemic Index:30.67, Glycemic Load:64.53, Inflammation Score:-10, Nutrition Score:21.442174040753%

Flavonoids

Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

PROTEIN 3.7% FAT 40.07% CARBS 56.23%

Nutrients (% of daily need)

Calories: 803.78kcal (40.19%), Fat: 37.16g (57.16%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 117.31g (39.1%), Net Carbohydrates: 112.98g (41.08%), Sugar: 76.61g (85.12%), Cholesterol: 24.17mg (8.06%), Sodium: 311.03mg (13.52%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.72g (15.45%), Vitamin A: 9624.89IU (192.5%), Vitamin K: 75.39µg (71.8%), Vitamin B1: 0.6mg (39.78%), Folate: 145.26µg (36.31%), Manganese: 0.57mg (28.68%), Selenium: 19.06µg (27.22%), Vitamin E: 3.69mg (24.57%), Vitamin B2: 0.42mg (24.53%), Iron: 3.66mg (20.32%), Vitamin B3: 3.9mg (19.52%), Fiber: 4.33g (17.32%), Vitamin C: 13.4mg (16.24%), Phosphorus: 111.7mg (11.17%), Copper: 0.19mg

(9.29%), Vitamin B5: 0.92mg (9.2%), Potassium: 290.37mg (8.3%), Magnesium: 31.15mg (7.79%), Vitamin B6: 0.13mg (6.64%), Zinc: 0.9mg (6.01%), Calcium: 54.59mg (5.46%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.21µg (1.39%)