



Pineapple Fritters

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 eggs lightly beaten
- 0.8 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1.5 cups neapolitan ice cream
- 1 tablespoon butter melted
- 4.5 inch pineapple fresh (1 medium)
- 0.5 cup powdered sugar sifted
- 0.1 teaspoon salt

- 0.3 cup sugar
- 6 servings vegetable oil
- 0.3 cup milk whole

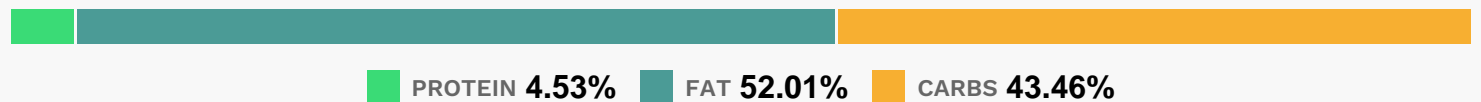
Equipment

- bowl
- paper towels
- whisk
- dutch oven

Directions

- Combine first 4 ingredients in a medium bowl; add milk, margarine, and egg, stirring with a wire whisk until blended.
- Pour oil to a depth of 2 to 3 inches into a Dutch oven; heat to 37
- Dredge pineapple slices in flour mixture. Fry pineapple slices in hot oil, 2 slices at a time, until golden, turning once.
- Drain well on paper towels.
- Combine powdered sugar and cinnamon; sift over warm pineapple slices.
- Transfer slices to individual serving plates; top each with 1/4 cup Neapolitan ice cream.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.63, Glycemic Load:19.45, Inflammation Score:-3, Nutrition Score:6.2826086904692%

Nutrients (% of daily need)

Calories: 354.63kcal (17.73%), Fat: 20.71g (31.87%), Saturated Fat: 5.21g (32.56%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 38.22g (13.9%), Sugar: 25.84g (28.71%), Cholesterol: 43.02mg (14.34%), Sodium: 147.08mg (6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 25.98µg (24.75%), Vitamin

B2: 0.21mg (12.29%), Selenium: 8.45µg (12.07%), Vitamin B1: 0.15mg (9.77%), Vitamin E: 1.41mg (9.4%), Folate: 34.06µg (8.52%), Phosphorus: 84.36mg (8.44%), Calcium: 82.78mg (8.28%), Manganese: 0.14mg (7.24%), Vitamin A: 279.81IU (5.6%), Iron: 0.95mg (5.25%), Vitamin B3: 0.99mg (4.94%), Vitamin B12: 0.25µg (4.19%), Vitamin B5: 0.42mg (4.17%), Zinc: 0.48mg (3.19%), Potassium: 111.62mg (3.19%), Fiber: 0.72g (2.9%), Magnesium: 10.6mg (2.65%), Vitamin B6: 0.04mg (2.19%), Vitamin D: 0.32µg (2.16%), Copper: 0.04mg (1.96%), Vitamin C: 1.12mg (1.35%)