

Pisang Goreng (Indonesian Banana Fritters)

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

Ingredients

- 4 banana ripe sliced
- 2 tablespoons butter melted
- 1 eggs
- 1.3 cups flour all-purpose
- 2 tablespoons granulated sugar
- 0.5 cup milk
- 2 cups cooking oil for frying
- 1 teaspoon rum

0.3 tablespoon vanilla powder

Equipment

bowl

paper towels

wok

Directions

In a large bowl, combine flour, sugar and vanilla powder. Make a well in the center, and pour in milk, egg, melted butter and rum flavoring.

Mix until smooth. Fold in banana slices until evenly coated.

Heat oil in a wok or deep-fryer to 375 degrees F (190 degrees C).

Drop banana mixture by tablespoon into hot oil. Fry until golden brown and crispy, 10 to 15 minutes.

Remove bananas from oil, and drain on paper towels.

Serve hot.

Nutrition Facts



PROTEIN 5.49% **FAT 49.13%** **CARBS 45.38%**

Properties

Glycemic Index:75.72, Glycemic Load:39.35, Inflammation Score:-6, Nutrition Score:14.604782591695%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 555.43kcal (27.77%), Fat: 30.89g (47.52%), Saturated Fat: 6.35g (39.69%), Carbohydrates: 64.2g (21.4%), Net Carbohydrates: 60.07g (21.84%), Sugar: 22g (24.45%), Cholesterol: 59.63mg (19.88%), Sodium: 74.25mg (3.23%), Alcohol: 0.42g (100%), Alcohol %: 0.16% (100%), Protein: 7.77g (15.53%), Manganese: 0.59mg (29.49%), Vitamin E: 4.35mg (29.03%), Selenium: 18.48µg (26.41%), Folate: 100.46µg (25.12%), Vitamin B6: 0.49mg (24.39%),

Vitamin B1: 0.37mg (24.34%), Vitamin B2: 0.38mg (22.06%), Fiber: 4.12g (16.49%), Vitamin K: 17.29µg (16.47%),
Vitamin B3: 3.13mg (15.67%), Potassium: 526.99mg (15.06%), Iron: 2.32mg (12.87%), Vitamin C: 10.27mg (12.44%),
Phosphorus: 122.46mg (12.25%), Magnesium: 45.57mg (11.39%), Vitamin B5: 0.86mg (8.55%), Copper: 0.16mg
(7.86%), Vitamin A: 359.26IU (7.19%), Calcium: 57.17mg (5.72%), Zinc: 0.72mg (4.83%), Vitamin B12: 0.27µg (4.58%),
Vitamin D: 0.56µg (3.7%)