



Portuguese Fried Bread

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



174 kcal

BREAD

Ingredients

- 3 teaspoons double-acting baking powder
- 2 cups flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 1 quart vegetable oil for frying
- 2 tablespoons sugar white

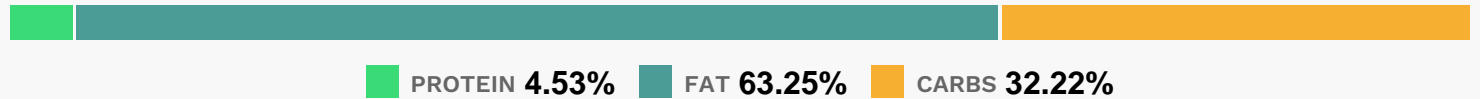
Equipment

- whisk

Directions

- Whisk together flour, baking powder, salt, and sugar.
- Add milk, and mix well. Divide dough into balls. Pat out on a flat, floured surface to 1/2 inch thick.
- Fry in 1/2 inch hot oil, browning both sides.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:10.07, Inflammation Score:-2, Nutrition Score:3.9869565082633%

Nutrients (% of daily need)

Calories: 174.48kcal (8.72%), Fat: 12.35g (19.01%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.74g (4.99%), Sugar: 2.09g (2.32%), Cholesterol: 1.37mg (0.46%), Sodium: 156.85mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin K: 21.84µg (20.8%), Vitamin B1: 0.13mg (8.6%), Selenium: 5.52µg (7.89%), Folate: 28.59µg (7.15%), Vitamin E: 0.98mg (6.55%), Calcium: 60.54mg (6.05%), Vitamin B2: 0.09mg (5.49%), Manganese: 0.11mg (5.37%), Vitamin B3: 0.93mg (4.67%), Iron: 0.81mg (4.51%), Phosphorus: 44.86mg (4.49%), Fiber: 0.42g (1.69%), Magnesium: 5.01mg (1.25%), Copper: 0.02mg (1.14%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.04%), Vitamin B12: 0.06µg (1.03%)