



## Puggie Woogie

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons double-acting baking powder
- 1 eggs
- 1 cup flour all-purpose
- 0.7 cup milk
- 0.5 teaspoon salt
- 1 teaspoon vegetable oil
- 0.5 cup sugar white

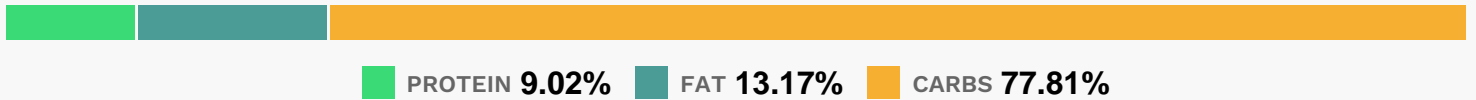
## Equipment

- bowl
- paper towels
- sauce pan
- deep fryer

## Directions

- Heat oil to 365 degrees in a deep fryer or heavy saucepan.
- In a medium bowl, beat the egg, 1/4 cup sugar and 1 teaspoon oil until light. combine the flour, baking powder and salt, stir in alternately with the milk until well blended.
- Drop by teaspoonfuls into the hot oil and fry on both sides until golden.
- Drain on paper towels and roll in 1/2 cup white sugar while still warm.

## Nutrition Facts



## Properties

Glycemic Index:11.46, Glycemic Load:5.99, Inflammation Score:-1, Nutrition Score:1.2560869429422%

## Nutrients (% of daily need)

Calories: 43.52kcal (2.18%), Fat: 0.64g (0.99%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 8.41g (3.06%), Sugar: 4.51g (5.01%), Cholesterol: 7.63mg (2.54%), Sodium: 89.11mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Selenium: 2.48µg (3.55%), Vitamin B1: 0.05mg (3.03%), Calcium: 29.8mg (2.98%), Folate: 10.39µg (2.6%), Vitamin B2: 0.04mg (2.6%), Phosphorus: 23.4mg (2.34%), Manganese: 0.04mg (1.83%), Iron: 0.31mg (1.74%), Vitamin B3: 0.32mg (1.58%)