



Rosettes I

 Vegetarian  Popular

READY IN



105 min.

SERVINGS



60

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 60 servings confectioners' sugar sifted
- 2 eggs
- 1 cup flour all-purpose sifted
- 1 cup milk
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 60 servings vegetable oil for frying
- 1 tablespoon sugar white

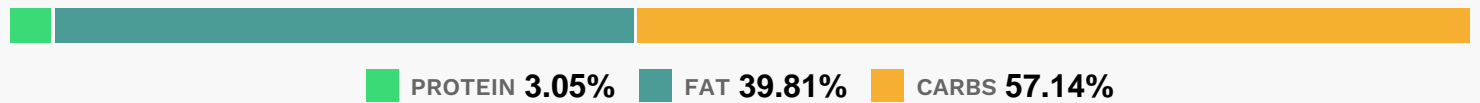
Equipment

- paper towels

Directions

- Combine eggs, sugar and salt; beat well.
- Add remaining ingredients and beat until smooth.
- Heat a rosette iron in deep, hot oil (375 degrees) for 2 minutes.
- Drain excess oil from iron. Dip in batter to 1/4 inch from the top of the iron, then dip iron immediately into hot oil (375 degrees).
- Fry rosette until golden, about 30 seconds. Lift out; tip upside down to drain. With fork, push rosette off iron onto a rack placed over paper towels.
- Reheat iron 1 minute; make next rosette.
- Sprinkle rosettes with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:0.84434781450292%

Nutrients (% of daily need)

Calories: 68.95kcal (3.45%), Fat: 3.09g (4.75%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.93g (3.61%), Sugar: 8.24g (9.15%), Cholesterol: 5.94mg (1.98%), Sodium: 13.53mg (0.59%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 0.53g (1.07%), Vitamin K: 5.17µg (4.93%), Selenium: 1.28µg (1.83%), Vitamin E: 0.25mg (1.65%), Vitamin B2: 0.02mg (1.43%), Vitamin B1: 0.02mg (1.28%), Folate: 4.5µg (1.13%)