



Rosettes II

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup confectioners' sugar for decoration
- 2 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 1 cup vegetable oil for frying
- 1 tablespoon sugar white

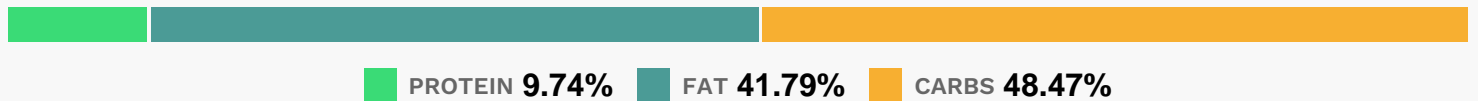
Equipment

paper towels

Directions

- Mix all the ingredients, except the flour, to blend.
- Add the flour a little at a time, and beat until smooth.
- Deep-fry in hot oil, about 375 degrees F (190 degrees C). (Fry-Daddy works well).
- Heat the iron for about 10 seconds in the oil, then dip in batter.
- Place the iron in oil so it is just level with the top of the batter (If you put it in deeper, the batter will not come off the iron).
- Remove rosette from oil when lightly browned (it only takes seconds).
- Drain on paper towel.
- Sprinkle with confectioner's sugar. NOTE: If you chill the batter for a while, the rosettes come out thinner and crispier, but it isn't required.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:1.0452174013076%

Nutrients (% of daily need)

Calories: 36.51kcal (1.83%), Fat: 1.7g (2.61%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.33g (1.57%), Sugar: 1.76g (1.96%), Cholesterol: 9.91mg (3.3%), Sodium: 22.29mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Selenium: 2.07µg (2.95%), Vitamin B2: 0.04mg (2.23%), Vitamin K: 2.27µg (2.16%), Vitamin B1: 0.03mg (2.14%), Folate: 7.5µg (1.88%), Phosphorus: 15.44mg (1.54%), Manganese: 0.02mg (1.24%), Iron: 0.21mg (1.14%), Vitamin B3: 0.21mg (1.07%), Calcium: 10.25mg (1.03%)