



Spiced Fritters with Maple-Vanilla Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



26

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 teaspoons brandy
- ☐ 26 servings canola oil for frying
- ☐ 1 cinnamon sticks
- ☐ 2 large eggs
- ☐ 1 teaspoon ground allspice
- ☐ 0.5 teaspoon mace

- ☐ 2 cups maple syrup pure
- ☐ 26 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 cups vanilla-flavored soy yogurt
- ☐ 0.5 cup sugar
- ☐ 2.5 cups unbleached all purpose flour
- ☐ 1 vanilla pod split

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Combine maple syrup and cinnamon stick in medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to boil. Reduce heat and simmer 5 minutes. Scrape down sides of pan.
- ☐ Let syrup cool completely.
- ☐ Whisk first 7 ingredients in large bowl to blend.
- ☐ Whisk yogurt, eggs, and brandy in medium bowl to blend. Stir yogurt mixture into dry ingredients (batter will be very soft).
- ☐ Pour oil into heavy large saucepan to depth of 1 1/2 inches. Attach deep-fry thermometer and heat oil to 350°F to 360°F. Line large rimmed baking sheet with several layers of paper towels. Frying 3 or 4 at a time, drop batter by heaping tablespoonfuls into oil and cook until deep golden brown, turning occasionally, about 5 minutes. Using slotted spoon, transfer fritters to paper towels to drain.

Sift powdered sugar over fritters. Spoon syrup into bowls. Arrange 3 fritters atop syrup in each.

Nutrition Facts



Properties

Glycemic Index:8.98, Glycemic Load:8.86, Inflammation Score:-1, Nutrition Score:5.1734783390294%

Nutrients (% of daily need)

Calories: 201.44kcal (10.07%), Fat: 3.65g (5.62%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 39.22g (14.26%), Sugar: 27.48g (30.53%), Cholesterol: 14.31mg (4.77%), Sodium: 129.94mg (5.65%), Alcohol: 0.26g (100%), Alcohol %: 0.38% (100%), Protein: 2.2g (4.4%), Manganese: 0.68mg (33.99%), Vitamin B2: 0.39mg (23.18%), Selenium: 5.33µg (7.62%), Vitamin B1: 0.11mg (7.5%), Calcium: 74.18mg (7.42%), Folate: 23.87µg (5.97%), Iron: 0.72mg (3.98%), Vitamin E: 0.56mg (3.74%), Vitamin B3: 0.74mg (3.69%), Vitamin C: 2.35mg (2.85%), Phosphorus: 27.58mg (2.76%), Potassium: 75.78mg (2.17%), Magnesium: 8.64mg (2.16%), Zinc: 0.31mg (2.09%), Vitamin D: 0.3µg (2.03%), Vitamin K: 2.09µg (1.99%), Fiber: 0.49g (1.96%), Copper: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.12%)