



Strawberry Fritters with Chocolate Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



677 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 2 cups strawberries hulled

- ☐ 1 teaspoon vanilla extract
- ☐ 1 quart vegetable oil for frying

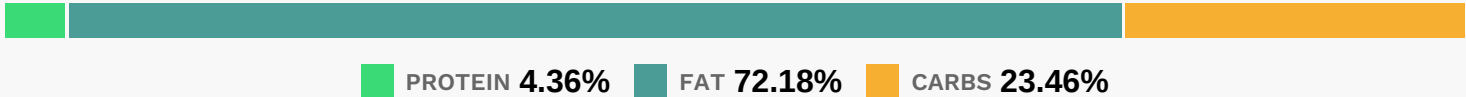
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ microwave
- ☐ kitchen towels

Directions

- ☐ In a large bowl, whisk together the flour, 1/4 cup butter, 1/3 cup cream, eggs, salt, brown sugar, and cinnamon.
- ☐ Add the strawberries to the batter and fold gently to coat.
- ☐ Heat the oil in a large heavy pot over medium-high heat to 360 degrees F (180 degrees C).
- ☐ Meanwhile, make the chocolate sauce by combining the chocolate chips, 3 tablespoons butter, vanilla extract, and 1/4 cup cream in a microwave-safe dish.
- ☐ Place in the microwave and cook on medium-high heat stirring every 30 seconds until the chocolate chips are melted and the chocolate sauce is smooth. Set the dish on a kitchen towel and cover to keep warm.
- ☐ Working in batches, carefully drop the batter-coated strawberries into the hot oil. Fry until the batter is golden brown, flipping the strawberries to brown both sides evenly.
- ☐ Remove the cooked strawberry fritters and place on paper towels to drain. Dust with confectioners' sugar and drizzle with chocolate sauce to serve.
- ☐ Serve remaining chocolate sauce on the side.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:12.6, Inflammation Score:-7, Nutrition Score:16.309130347293%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 677.06kcal (33.85%), Fat: 54.74g (84.22%), Saturated Fat: 18.03g (112.68%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 35.93g (13.07%), Sugar: 17.76g (19.74%), Cholesterol: 109.9mg (36.63%), Sodium: 180.93mg (7.87%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Caffeine: 25.8mg (8.6%), Protein: 7.44g (14.88%), Vitamin K: 62.27µg (59.3%), Manganese: 0.79mg (39.68%), Vitamin C: 28.3mg (34.3%), Selenium: 16.95µg (24.22%), Vitamin E: 3.4mg (22.68%), Copper: 0.45mg (22.4%), Iron: 3.52mg (19.55%), Magnesium: 67.74mg (16.93%), Fiber: 4.1g (16.4%), Phosphorus: 163.43mg (16.34%), Folate: 60.65µg (15.16%), Vitamin B2: 0.25mg (14.74%), Vitamin B1: 0.2mg (13.06%), Vitamin A: 461.25IU (9.22%), Potassium: 315.06mg (9%), Zinc: 1.33mg (8.87%), Vitamin B3: 1.7mg (8.52%), Vitamin B5: 0.62mg (6.18%), Calcium: 56.74mg (5.67%), Vitamin B12: 0.28µg (4.63%), Vitamin B6: 0.09mg (4.27%), Vitamin D: 0.6µg (3.99%)