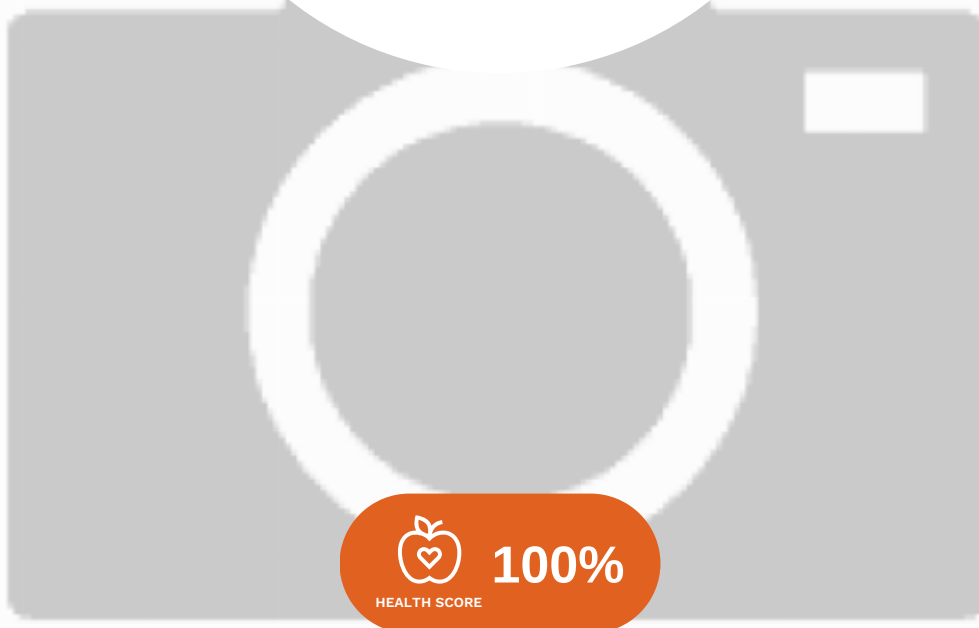




Thin Wandies



Vegetarian



Very Healthy

READY IN



180 min.

SERVINGS



1

CALORIES



9593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup double-acting baking powder
- ☐ 1 cup butter melted
- ☐ 12 eggs
- ☐ 12 cups flour all-purpose
- ☐ 1 quart oil for frying
- ☐ 2 teaspoons salt
- ☐ 4 teaspoons vanilla extract

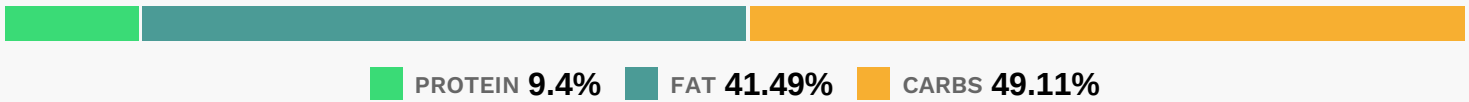
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Heat oil in deep-fryer or large heavy skillet to 375 degrees F (190 degrees C).
- ☐ In a large bowl, whisk together eggs, vanilla and melted butter until well blended.
- ☐ Mix in the salt and baking powder. Gradually stir in flour with a wooden spoon until dough is stiff. Turn out onto a floured surface and knead in as much flour as necessary to make a smooth stiff dough. Dough should not be sticky.
- ☐ Roll the dough out paper thin and cut into 3 inch squares.
- ☐ Fry in the hot oil, turning once until golden.
- ☐ Drain in colander and place them into a waxed paper lined bushel basket. Dust with confectioners' sugar when cool.

Nutrition Facts



Properties

Glycemic Index:217, Glycemic Load:843.14, Inflammation Score:-10, Nutrition Score:87.080434716266%

Nutrients (% of daily need)

Calories: 9593.21kcal (479.66%), Fat: 438.29g (674.29%), Saturated Fat: 149.46g (934.13%), Carbohydrates: 1167g (389%), Net Carbohydrates: 1126.38g (409.59%), Sugar: 8.16g (9.07%), Cholesterol: 2452.21mg (817.4%), Sodium: 13161.35mg (572.23%), Alcohol: 5.5g (100%), Alcohol %: 0.21% (100%), Protein: 223.42g (446.83%), Selenium: 673µg (961.42%), Vitamin B1: 12mg (799.95%), Folate: 2999.97µg (749.99%), Vitamin B2: 9.92mg (583.26%), Manganese: 10.43mg (521.66%), Iron: 85.46mg (474.79%), Vitamin B3: 89.12mg (445.6%), Calcium: 4055.28mg (405.53%), Phosphorus: 4016.79mg (401.68%), Vitamin E: 44.83mg (298.89%), Vitamin A: 8523.93IU (170.48%), Fiber: 40.62g (162.47%), Vitamin K: 156.92µg (149.45%), Vitamin B5: 14.92mg (149.2%), Copper: 2.56mg (128.06%), Zinc: 17.55mg (117.01%), Magnesium: 415.91mg (103.98%), Vitamin B12: 5.09µg (84.75%), Vitamin B6: 1.57mg (78.43%), Vitamin D: 10.56µg (70.4%), Potassium: 2424.59mg (69.27%)