



Tyroshi Honeyfingers

 Vegetarian

READY IN



35 min.

SERVINGS



30

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings cinnamon to taste
- ☐ 1 eggs beaten
- ☐ 0.7 cup flour
- ☐ 30 servings ground pepper black to taste
- ☐ 1 cup honey
- ☐ 30 servings olive oil
- ☐ 30 servings pinenuts chopped for garnish
- ☐ 2 tablespoons cooking sherry sweet

☐ 1 cup milk whole (goat or cow)

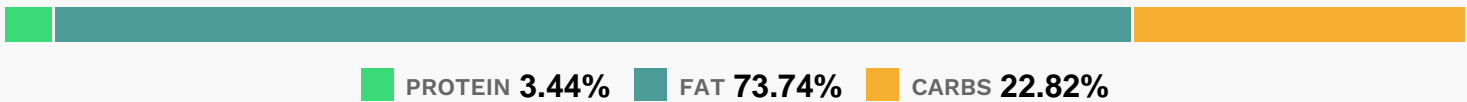
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, whisk the 2/3 cup flour a little at a time into the cold milk so that there are no lumps.
- ☐ Add 1 tablespoon of the oil and the sherry, and cook on medium-high heat, stirring constantly, until a thick porridge forms.
- ☐ Remove the pan from the heat and continue to stir briskly to cool the mixture.
- ☐ When the porridge is lukewarm, add the egg and stir briskly until it is blended. Stir in the pine nuts and a dash of cinnamon and pepper. Stir in the remaining 3/4 cup flour to make a dough that is sticky but can still be handled.
- ☐ On a floured board with floured hands, press the dough out to a 1/2-inch-thick rectangle; cut it into finger-size strips.
- ☐ Cover the bottom of a frying pan with a layer of olive oil about 1/2 inch deep.
- ☐ Heat the oil and fry the strips of dough until they are golden brown and crispy.
- ☐ Remove the fried strips to a plate covered with paper towels to drain. Dip them in honey and sprinkle them with cinnamon and pine nuts.

Nutrition Facts



Properties

Glycemic Index:7.24, Glycemic Load:6.58, Inflammation Score:-2, Nutrition Score:7.1200000306834%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 248.51kcal (12.43%), Fat: 21.3g (32.76%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.28g (4.83%), Sugar: 10.09g (11.22%), Cholesterol: 6.43mg (2.14%), Sodium: 6.43mg (0.28%), Alcohol: 0.1g (100%), Alcohol %: 0.26% (100%), Protein: 2.23g (4.47%), Manganese: 1.27mg (63.61%), Vitamin E: 3.02mg (20.12%), Vitamin K: 14.65µg (13.95%), Copper: 0.15mg (7.47%), Phosphorus: 73.69mg (7.37%), Magnesium: 28.56mg (7.14%), Fiber: 1.55g (6.22%), Iron: 1.01mg (5.62%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.06mg (4.26%), Vitamin B2: 0.06mg (3.52%), Calcium: 34.23mg (3.42%), Vitamin B3: 0.66mg (3.28%), Potassium: 93.57mg (2.67%), Selenium: 1.77µg (2.54%), Folate: 9.55µg (2.39%), Vitamin B6: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.13%)