



Zeppole

 Vegetarian  Popular

READY IN



50 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

Ingredients

- 1 stick butter
- 4 eggs
- 1 cup flour all-purpose
- 2 tablespoons ground cinnamon
- 6 servings olive oil for frying
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 vanilla pod

- 1 cup water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- knife
- plastic wrap
- hand mixer
- kitchen thermometer

Directions

- Cut open the vanilla bean lengthwise. Using the back of a knife, scrape along the inside of the vanilla bean to collect the seeds. Scrape vanilla bean seeds into a small bowl.
- Add the 1/2 cup sugar and cinnamon and stir to combine. Set aside.
- In a medium saucepan combine the butter, salt, 3 tablespoons of sugar, and water over medium heat. Bring to a boil. Take pan off the heat and stir in the flour. Return pan to the heat and stir continuously until mixture forms a ball, about 3 to 5 minutes.
- Transfer the flour mixture to a medium bowl. Using an electric hand mixer on low speed, add eggs, 1 at a time, incorporating each egg completely before adding the next. Beat until smooth. If not frying immediately, cover with plastic wrap and reserve in the refrigerator.
- Meanwhile, pour enough oil into a large frying pan to reach a depth of 2 inches.
- Heat the oil over medium heat until a deep-fry thermometer registers 375 degrees F.
- Using a small ice-cream scooper or 2 small spoons, carefully drop about a tablespoon of the dough into the hot olive oil, frying in batches. Turn the zeppole once or twice, cooking until golden and puffed up, about 5 minutes.
- Drain on paper towels. Toss with cinnamon-sugar. Arrange on a platter and serve immediately.

Nutrition Facts



■ PROTEIN 6.86% ■ FAT 53.75% ■ CARBS 39.39%

Properties

Glycemic Index:33.35, Glycemic Load:23.18, Inflammation Score:-4, Nutrition Score:8.1082608126428%

Flavonoids

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: 350.28kcal (17.51%), Fat: 21.28g (32.74%), Saturated Fat: 11.03g (68.91%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 33.1g (12.04%), Sugar: 16.87g (18.74%), Cholesterol: 149.61mg (49.87%), Sodium: 262.52mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Manganese: 0.62mg (30.85%), Selenium: 16.44µg (23.48%), Vitamin B2: 0.25mg (14.57%), Folate: 52.64µg (13.16%), Vitamin A: 636.91IU (12.74%), Vitamin B1: 0.18mg (11.79%), Iron: 1.73mg (9.61%), Phosphorus: 86.81mg (8.68%), Vitamin E: 1.22mg (8.15%), Fiber: 1.98g (7.91%), Vitamin B3: 1.3mg (6.48%), Vitamin B5: 0.57mg (5.71%), Calcium: 52.23mg (5.22%), Vitamin B12: 0.29µg (4.88%), Zinc: 0.6mg (3.97%), Vitamin D: 0.59µg (3.91%), Vitamin K: 3.99µg (3.8%), Copper: 0.07mg (3.39%), Vitamin B6: 0.06mg (3.19%), Magnesium: 10.48mg (2.62%), Potassium: 79.17mg (2.26%)