

APPLE FRITTERS

Yield 100

Portion 2 Fritters

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
248 cal	34 g	3 g	12 g	20 mg	273 mg	73 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 NUTMEG,GROUND
 CINNAMON,GROUND
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 APPLES,CANNED,SLICED,DRAINED
 SUGAR,POWDERED,SIFTED

Weight

4 lbs
 3-1/4 oz
 3-1/4 oz
 1-1/2 oz
 1-1/4 lbs
 1/4 oz
 1/4 oz
 1 lbs
 3-3/4 lbs
 5-3/4 oz
 6 lbs
 2-1/8 lbs

Measure

3 qts 2-1/2 cup
 1/4 cup 3 tbsp
 1-3/8 cup
 2-1/3 tbsp
 2-3/4 cup
 1 tbsp
 1 tbsp
 1-7/8 cup
 1 qts 3-1/4 cup
 3/4 cup
 3 qts
 2 qts

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, sugar, nutmeg, and cinnamon into mixer bowl.
- 2 Combine eggs, water, shortening or salad oil, and add to dry ingredients. Mix at low speed until well blended.
- 3 Drain apples and chop apples coarsely; add to batter; mix lightly.
- 4 Using a well rounded tablespoon, drop batter into deep fat. Fry 4 to 6 minutes. Drain on absorbent paper. Sprinkle with sifted powdered sugar.

Notes

- 1 In Step 3, 6 lb (7 lb 11 oz A.P.) pared, cored and diced fresh apples may be used per 100 portions.