

Nutrition Facts

About 17 servings per container

Serving size

3 Tbsp (27g)

	Per 3 Tbsp dry mix		Per 2oz apple fritter prepared	
Calories	90		140	
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	11g	14%
Saturated Fat	0g	0%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	10mg	3%
Sodium	280mg	12%	100mg	4%
Total Carbohydrate	20g	7%	11g	4%
Dietary Fiber	<1g	3%	<1g	3%
Total Sugars	2g		4g	
Incl. Added Sugars	1g	2%	0g	0%
Protein	2g		1g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	100mg	8%	50mg	4%
Iron	0.8mg	4%	0mg	0%
Potassium	0mg	0%	0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MAKES TWO BATCHES OF FRITTER BATTER: Beat 1 egg, then add 3/4 cup milk, 2 teaspoons vegetable oil and 1-1/2 cups of this fritter mix. Beat gently to form a thick batter.

PREPARE APPLES: Peel and core 3 or 4 regular size baking apples. Slice apples into rings about 1/2" thick. Coat apple ring with 1/16"-1/8" thick layer of batter. For Fried Fritters: Preheat about 2" deep vegetable oil to 375°F. Fry coated apple slices for 1 to 2 minutes. Flip fritters once and fry second side for another minute or so or until fritters are golden brown. Drain fritters on a rack or on paper towels. Serve warm with maple syrup or apple syrup or dust with powdered sugar.

FOR GRILLED FRITTERS: Heat griddle or frying pan as you would for pancakes (375°-400°F) and spray with vegetable oil or coat with grease. Grill coated apples for about 2 minutes on each side until golden brown on the surface and batter is cooked through. Serve with maple syrup or fruit syrup.

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Flour, Cane Sugar, Baking Soda, Monocalcium Phosphate, Calcium Acid Pyrophosphate, Cinnamon and Sea Salt.

This product is manufactured in a facility that also processes Dairy, Egg and Soy.

Apple Fritter Mix