

South-African Koeksisters

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-south-african-koeksisters-recipe>

Ingredients:

- 4 cups sugar
- 1 1/2 cups boiling water
- 1/2 teaspoon cream of tartar
- 1/2 teaspoon ground ginger
- 2 sticks canela
- 1 teaspoon glycerin Edible, optional
- 4 cups flour
- 1/2 teaspoon salt
- 2 tablespoons baking powder
- 2 tablespoons butter cubed
- 1 egg
- 1 cup milk
- oil for deep-fry

Nutrition:

1. Calories: 1410 calories
2. Carbohydrate: 307 grams
3. Cholesterol: 75 milligrams
4. Fat: 15 grams
5. Fiber: 8 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams
8. Sodium: 1200 milligrams
9. Sugar: 204 grams

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