



Apple Cider Doughnuts

 Vegetarian

READY IN



38 min.

SERVINGS



35

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon cinnamon
- ☐ 2 large eggs plus 1 egg yolk
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 4 tablespoons butter unsalted melted

- ☐ 6 cups vegetable oil for frying

Equipment

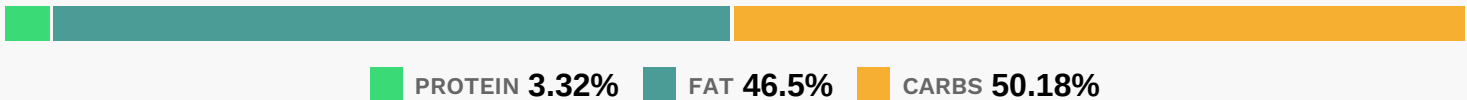
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ cookie cutter
- ☐ candy thermometer

Directions

- ☐ Line baking sheet with parchment. Line a large plate with paper towels. In a paper bag, combine 1 cup sugar and 1 Tbsp. cinnamon; shake to mix well. Set aside.
- ☐ Bring cider to a boil over medium heat. Cook, stirring occasionally, until cider has reduced to 1/2 cup, about 20 minutes.
- ☐ Let cool to room temperature.
- ☐ In a large bowl, whisk baking powder, salt, 1 cup flour and remaining sugar and cinnamon until well combined. In a small bowl, whisk butter, eggs, yolk and cooled cider until well combined.
- ☐ Add cider mixture to flour mixture; whisk until smooth.
- ☐ Add remaining 2 1/2 cups flour and mix until just combined. Dough will be slightly sticky. Refrigerate 10 minutes.
- ☐ Pour oil into a large pot and attach a candy thermometer to side (thermometer should not touch bottom of pot).
- ☐ Heat oil over medium-high heat until it reaches 375F, watching and adjusting as needed to keep oil from overheating.
- ☐ Turn dough out onto a well-floured countertop and coat fingertips with flour. Pat dough out to 1/2-inch thickness. Using a doughnut cutter or 2 round cookie cutters (one large and one small), cut out doughnuts and holes.

- ☐ Transfer both to lined baking sheet. Gather scraps and re-pat dough, cutting as many doughnuts as possible.
- ☐ Working in batches, carefully slide doughnuts into hot oil. After about 1 minute, doughnuts will rise to surface and begin to brown. At that point, turn over and fry 1 1/2 minutes longer.
- ☐ Transfer to lined plate to drain. Bring oil back to 375F before frying another batch. When doughnuts have cooled for 1 minute, add to bag with cinnamon sugar and toss to coat.
- ☐ Remove to a clean plate and serve.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:15.4, Inflammation Score:-2, Nutrition Score:3.0221739148964%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 175.51kcal (8.78%), Fat: 9.2g (14.16%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 21.87g (7.95%), Sugar: 12.42g (13.8%), Cholesterol: 13.93mg (4.64%), Sodium: 92.1mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin K: 13.97µg (13.31%), Selenium: 4.88µg (6.98%), Vitamin B1: 0.1mg (6.81%), Manganese: 0.13mg (6.7%), Folate: 24.35µg (6.09%), Vitamin E: 0.69mg (4.58%), Vitamin B2: 0.07mg (4.2%), Vitamin B3: 0.75mg (3.75%), Iron: 0.67mg (3.73%), Phosphorus: 23.53mg (2.35%), Calcium: 20.2mg (2.02%), Fiber: 0.48g (1.92%), Vitamin A: 54.77IU (1.1%), Copper: 0.02mg (1.09%)