



## Apple Cider Doughnuts

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 cups apple cider
- 2 teaspoons double-acting baking powder
- 0.3 cup butter melted
- 1 egg yolk lightly beaten
- 2 eggs lightly beaten
- 3.8 cups flour all-purpose divided
- 2 teaspoons ground cinnamon
- 1 teaspoon salt

- 6 cups vegetable oil for frying
- 2 cups sugar white divided

## Equipment

- bowl
- paper towels
- sauce pan
- whisk
- pot
- cookie cutter
- slotted spoon

## Directions

- Mix 1 cup sugar and 1 tablespoon cinnamon together in a resealable freezer bag.
- Bring apple cider to a boil in a saucepan; cook, stirring occasionally, until cider has reduced to 1/2 cup, about 20 minutes.
- Remove from heat and cool.
- Whisk 1 cup flour, 1 cup sugar, baking powder, 2 teaspoons cinnamon, and salt together in a large bowl.
- Mix butter, eggs, egg yolk, and cooled cider together in a separate bowl until smooth; stir into flour mixture. Stir remaining 2 3/4 cup flour into mixture until dough is smooth. Refrigerate dough for 10 minutes.
- Heat oil in a large pot or deep-fryer to 375 degrees F (190 degrees C).
- Turn dough onto a well-floured work surface using floured hands; pat dough into 1/2-inch thickness.
- Cut dough into doughnuts using a doughnut cutter or 2 round cookie cutters (1 large and 1 small). Gather scraps and re-pat dough to cut out as many doughnuts as possible.
- Carefully slide doughnuts, working in batches, into hot oil; fry until doughnuts rise to the surface and begin to brown, 2 to 3 minutes. Flip doughnuts and continue frying until opposite side is browned, about 1 1/2 minutes.

- Remove doughnuts with a slotted spoon and place on a paper towel-lined plate to cool until easily handled, about 1 minute. Toss cooled doughnuts in the reserved bag of cinnamon-sugar. Bring oil back to 375 degrees F (190 degrees C) before frying next batch.

## Nutrition Facts

**PROTEIN 3.95%** **FAT 45.94%** **CARBS 50.11%**

### Properties

Glycemic Index:13.87, Glycemic Load:23.17, Inflammation Score:-2, Nutrition Score:4.6921739234872%

### Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 263.6kcal (13.18%), Fat: 13.63g (20.97%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 32.81g (11.93%), Sugar: 18.13g (20.14%), Cholesterol: 26.82mg (8.94%), Sodium: 154.16mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin K: 20.34µg (19.37%), Selenium: 8.31µg (11.87%), Vitamin B1: 0.16mg (10.62%), Folate: 38.64µg (9.66%), Manganese: 0.18mg (8.78%), Vitamin B2: 0.12mg (7.28%), Vitamin E: 1.02mg (6.81%), Iron: 1.07mg (5.95%), Vitamin B3: 1.17mg (5.85%), Phosphorus: 40.29mg (4.03%), Calcium: 29.18mg (2.92%), Fiber: 0.65g (2.58%), Vitamin A: 90.35IU (1.81%), Vitamin B5: 0.17mg (1.75%), Copper: 0.04mg (1.75%), Magnesium: 5.75mg (1.44%), Zinc: 0.21mg (1.41%), Potassium: 43.38mg (1.24%), Vitamin B6: 0.02mg (1.02%)