



Applesauce Doughnuts

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup buttermilk
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose sifted
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon mace
- ☐ 2 quarts oil for deep frying
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar white

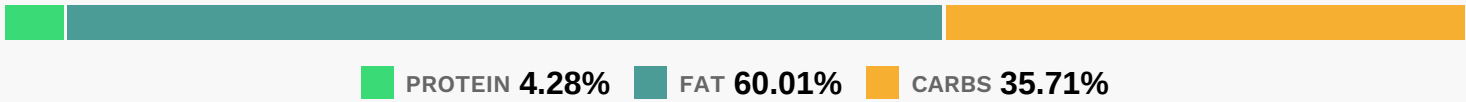
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ In a large bowl, beat together white sugar, butter, eggs and applesauce. In a separate bowl, stir together flour baking powder, salt, baking soda, mace and cinnamon. Stir flour mixture into the egg mixture alternately with the buttermilk.
- ☐ Mix until a stiff dough is formed.
- ☐ Turn dough out onto a lightly floured surface.
- ☐ Roll into a 3/4 to 1 inch thick sheet. Make sure to roll the dough to an even thickness.
- ☐ Cut out doughnuts with a doughnut cutter.
- ☐ Carefully slide doughnuts into hot oil. Turn doughnuts as soon as they rise to the surface. Fry until golden brown on both sides.
- ☐ Drain on paper towels and dust with confectioners' sugar.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.46, Glycemic Load:16.03, Inflammation Score:-3, Nutrition Score:4.91956526203%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 259.71kcal (12.99%), Fat: 17.48g (26.89%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 22.73g (8.26%), Sugar: 7.27g (8.08%), Cholesterol: 16.7mg (5.57%), Sodium: 173.66mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin E: 2.85mg (19.03%), Selenium: 8.45µg (12.07%), Vitamin B1: 0.17mg (11.3%), Vitamin K: 11.47µg (10.92%), Folate: 40.4µg (10.1%), Vitamin B2: 0.13mg (7.79%), Manganese: 0.15mg (7.68%), Vitamin B3: 1.25mg (6.23%), Iron: 1.1mg (6.11%), Phosphorus: 42.05mg (4.2%), Calcium: 31.75mg (3.17%), Fiber: 0.68g (2.71%), Copper: 0.04mg (1.88%), Vitamin B5: 0.17mg (1.71%), Magnesium: 5.96mg (1.49%), Zinc: 0.22mg (1.45%), Vitamin A: 59.87IU (1.2%), Potassium: 40.61mg (1.16%)