



Applesauce Doughnuts

 Dairy Free

READY IN



78 min.

SERVINGS



18

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3.3 cups flour all-purpose
- 1 cup apple sauce
- 0.8 cup sugar
- 2 tablespoons shortening
- 3 teaspoons double-acting baking powder
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 2 eggs

1 serving vegetable oil

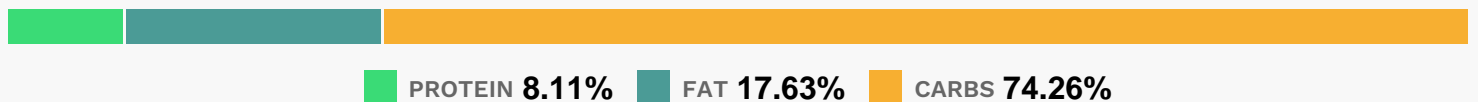
Equipment

- bowl
- paper towels
- sauce pan
- hand mixer
- spatula
- deep fryer

Directions

- Beat 1 1/3 cups of the flour and the remaining ingredients except oil and cinnamon-sugar in large bowl with electric mixer on low speed, scraping bowl constantly, until blended. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in remaining 2 cups flour. Cover and refrigerate about 1 hour or until dough stiffens.
- Heat oil (2 to 3 inches) in deep fryer or 3-quart saucepan to 375°F. Divide dough in half.
- Place half of the dough on well-floured cloth-covered surface; gently roll in flour to coat. Gently roll dough 3/8 inch thick.
- Cut with floured doughnut cutter. Repeat with remaining dough.
- Slide doughnuts into hot oil, using wide spatula. Turn doughnuts as they rise to surface. Fry 1 to 1 1/2 minutes on each side or until golden brown. Carefully remove from oil (do not prick surfaces); drain on paper towels.
- Sprinkle hot doughnuts with cinnamon-sugar.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:18.77, Inflammation Score:-2, Nutrition Score:4.2321739268044%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 149.1kcal (7.46%), Fat: 2.93g (4.51%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 26.97g (9.81%), Sugar: 9.67g (10.75%), Cholesterol: 18.19mg (6.06%), Sodium: 143.09mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.19mg (12.5%), Folate: 45.07µg (11.27%), Manganese: 0.18mg (9.13%), Vitamin B2: 0.14mg (8.38%), Iron: 1.28mg (7.11%), Vitamin B3: 1.38mg (6.92%), Phosphorus: 50.04mg (5%), Calcium: 47.18mg (4.72%), Fiber: 0.83g (3.34%), Vitamin K: 2.37µg (2.26%), Copper: 0.04mg (2.08%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.24mg (1.6%), Magnesium: 6.33mg (1.58%), Zinc: 0.23mg (1.55%), Potassium: 42.34mg (1.21%), Vitamin B6: 0.02mg (1.12%)