Applesauce Drop Doughnuts

🍎 **Vegetarian**

READY IN	SERVINGS	CALORIES
⏰	🍽️	💧
45 min.	**60**	**57 kcal**

MORNING MEAL   BRUNCH   BREAKFAST

Ingredients

- [ ] 3 tablespoons butter softened
- [ ] 0.8 cup sugar
- [ ] 3 eggs
- [ ] 1 cup apple sauce
- [ ] 1 teaspoon vanilla extract
- [ ] 4.5 cups flour all-purpose
- [ ] 3.5 teaspoons double-acting baking powder
- [ ] 1 teaspoon salt

- [ ] 0.5 teaspoon ground cinnamon
- [ ] 0.3 teaspoon nutmeg
- [ ] 0.3 cup milk
- [ ] 1 serving cooking oil for deep-fat frying
- [ ] 1 serving p of sugar

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels

Directions

- [ ] In a large bowl, cream butter and sugar until light and fluffy.
- [ ] Add the eggs, one at a time, beating well after each addition. Beat in applesauce and vanilla.
- [ ] Combine flour, baking powder, salt, cinnamon and nutmeg; gradually add to the creamed mixture alternately with milk (the batter will be thick).
- [ ] In an electric skillet or deep-fat fryer, heat oil to 375°. Drop teaspoonfuls of batter a few at a time into hot oil. Fry until golden brown on both sides.
- [ ] Drain on paper towels; roll in sugar while warm.

Nutrition Facts

PROTEIN 9.13%   **FAT 18.28%**   **CARBS 72.59%**

Properties

Glycemic Index:6.67, Glycemic Load:7, Inflammation Score:-1, Nutrition Score:1.7134782537494%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 56.7kcal (2.83%), Fat: 1.15g (1.77%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 9.97g (3.62%), Sugar: 2.97g (3.3%), Cholesterol: 9.81mg (3.27%), Sodium: 71.81mg (3.12%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 1.29g (2.59%), Selenium: 3.91µg (5.58%), Vitamin B1: 0.08mg (5.08%), Folate: 18.34µg (4.59%), Vitamin B2: 0.06mg (3.52%), Manganese: 0.07mg (3.46%), Iron: 0.51mg (2.84%), Vitamin B3: 0.56mg (2.8%), Phosphorus: 21.02mg (2.1%), Calcium: 18.17mg (1.82%), Fiber: 0.31g (1.24%)