



Baked Soufganiyot

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 1.5 teaspoons yeast dry
- ☐ 1 large eggs
- ☐ 3.3 cups flour all-purpose divided
- ☐ 6 tablespoons granulated sugar
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup warm milk 1% low-fat divided
- ☐ 1 teaspoon orange rind grated

- ☐ 1 tablespoon powdered sugar
- ☐ 0.8 cup strawberry jam
- ☐ 0.5 teaspoon vanilla extract

Equipment

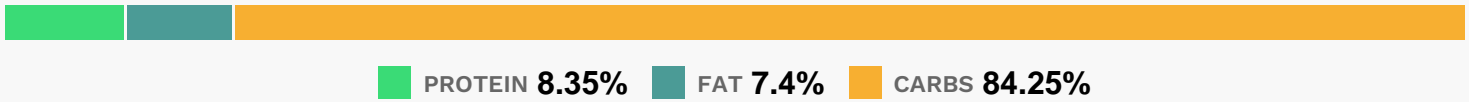
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in 1/2 cup warm milk in a large bowl; let stand 5 minutes or until foamy.
- ☐ Add remaining 1/4 cup warm milk, granulated sugar, and next 5 ingredients (through egg); beat with a mixer at medium speed until blended (butter will not be completely melted). Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 9 ounces (about 2 cups) flour to yeast mixture; beat at medium speed until smooth. Stir in 4 1/2 ounces (about 1 cup) flour to form a soft dough. Turn dough out onto a floured surface. Knead dough until smooth and elastic (about 8 minutes); add enough of remaining 1 ounce (about 1/4 cup) flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide dough into 16 portions, rolling each portion into a ball.

- ☐ Place dough balls on a large baking sheet lined with parchment paper. Cover and let rise 45 minutes or until dough is doubled in size.
- ☐ Preheat oven to 37
- ☐ Uncover balls.
- ☐ Bake at 375 for 14 minutes or until browned.
- ☐ Remove from pan; cool completely on a wire rack.
- ☐ Make a pocket in each roll using the handle of a wooden spoon, pushing to but not through the opposite end. Fill with about 2 teaspoons jam, using plastic condiment bottle or a piping bag.
- ☐ Sprinkle rolls with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:46.2, Inflammation Score:-5, Nutrition Score:9.6269564032555%

Nutrients (% of daily need)

Calories: 345.85kcal (17.29%), Fat: 2.82g (4.33%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 72.2g (24.07%), Net Carbohydrates: 70.3g (25.56%), Sugar: 26.71g (29.68%), Cholesterol: 28.12mg (9.37%), Sodium: 185.75mg (8.08%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 7.15g (14.31%), Vitamin B1: 0.48mg (32.23%), Selenium: 20.36µg (29.09%), Folate: 113.59µg (28.4%), Vitamin B2: 0.36mg (21.23%), Manganese: 0.36mg (18.23%), Vitamin B3: 3.28mg (16.39%), Iron: 2.64mg (14.69%), Phosphorus: 100.27mg (10.03%), Fiber: 1.91g (7.62%), Copper: 0.11mg (5.67%), Vitamin B5: 0.49mg (4.86%), Calcium: 46.58mg (4.66%), Magnesium: 16.29mg (4.07%), Zinc: 0.6mg (4%), Vitamin C: 3.15mg (3.81%), Potassium: 129.8mg (3.71%), Vitamin B12: 0.19µg (3.23%), Vitamin B6: 0.06mg (3.1%), Vitamin D: 0.37µg (2.46%), Vitamin A: 121.9IU (2.44%), Vitamin E: 0.18mg (1.2%)