



## Boston Cream Fried Dough

 Vegetarian

READY IN



165 min.

SERVINGS



80

CALORIES



617 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 80 servings butter melted
- ☐ 80 servings chocolate syrup
- ☐ 80 servings cinnamon-sugar
- ☐ 80 servings confectioners' sugar
- ☐ 80 servings bavarian cream your favorite
- ☐ 16 pounds flour all-purpose
- ☐ 1 ounce kosher salt
- ☐ 2 ounces sugar

- ☐ 1 ounce vanilla extract
- ☐ 2 ounces vegetable oil
- ☐ 1 ounce yeast

## Equipment

- ☐ stand mixer

## Directions

- ☐ Watch how to make this recipe.
- ☐ Mix together 1 gallon of water, the oil, sugar, yeast, salt and vanilla extract in a large 20-quart stand mixer. Then add the flour. Continue mixing and allow a dough ball to form. Toss the dough into a raising bucket and let proof for 1 hour. Once risen, the dough is ready for use.
- ☐ Cut fist-size pieces from the batch and stretch and form into a circle to fit a 9-inch plate.
- ☐ Fry the dough in batches in a deep-fryer heated to 400 degrees, 30 seconds per side, until golden brown. Top with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:3.31, Glycemic Load:58.96, Inflammation Score:-7, Nutrition Score:15.766086926279%

## Nutrients (% of daily need)

Calories: 617.15kcal (30.86%), Fat: 11.59g (17.83%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 116.53g (38.84%), Net Carbohydrates: 112.94g (41.07%), Sugar: 41.1g (45.66%), Cholesterol: 27.7mg (9.23%), Sodium: 204.66mg (8.9%), Alcohol: 0.12g (100%), Alcohol %: 0.09% (100%), Protein: 10.82g (21.65%), Vitamin B1: 0.76mg (50.53%), Selenium: 31.97µg (45.67%), Folate: 175.86µg (43.96%), Manganese: 0.77mg (38.74%), Vitamin B2: 0.52mg (30.38%), Iron: 5.09mg (28.28%), Vitamin B3: 5.64mg (28.2%), Copper: 0.34mg (17.02%), Phosphorus: 161.75mg (16.18%), Fiber: 3.58g (14.34%), Magnesium: 47.35mg (11.84%), Vitamin A: 345.45IU (6.91%), Zinc: 1mg (6.66%), Potassium: 206.47mg (5.9%), Vitamin B5: 0.49mg (4.94%), Calcium: 30.75mg (3.07%), Vitamin B6: 0.05mg (2.66%), Vitamin E: 0.37mg (2.5%), Vitamin K: 2.61µg (2.48%), Vitamin D: 0.24µg (1.6%)