



Bread Maker Doughnuts

 Vegetarian

READY IN



95 min.

SERVINGS



16

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon active yeast dry
- 0.3 cup butter
- 0.5 eggs beaten
- 2 cups flour all-purpose
- 0.5 cup warm milk
- 1 teaspoon salt
- 8 cups vegetable oil for frying
- 0.3 cup sugar white

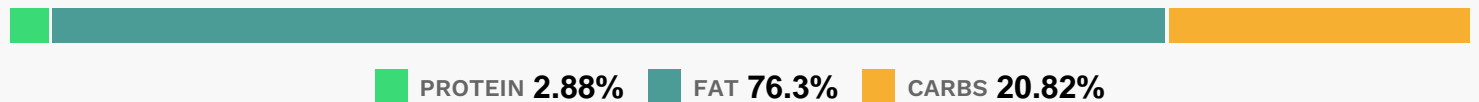
Equipment

- frying pan
- paper towels
- sauce pan
- bread machine

Directions

- Place the milk and egg into the pan of your automatic bread machine, and add the butter, flour, sugar, salt, and yeast in that order, with the yeast on top. Select the dough setting, and start the machine.
- When the dough cycle is finished, remove the dough to a floured work surface, and knead a few times to collapse all the bubbles.
- Cut the dough into 16 pieces, cover them with a damp cloth, and allow to rest for 20 minutes.
- Stretch each ball out into a disk about 1/4 inch thick, and use a small cutter to cut a hole in the center (I used the top of a salt shaker; a bottle top works good too).
- Let the doughnuts rise on the floured surface until doubled, 30 to 40 minutes.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Gently place a few doughnuts at a time into the hot oil, and fry until they float to the top and turn golden brown, about 3 minutes. Flip the doughnuts over, and fry on the other side.
- Remove from the oil, and drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:10.94, Inflammation Score:-3, Nutrition Score:5.0321739652882%

Nutrients (% of daily need)

Calories: 294.22kcal (14.71%), Fat: 25.23g (38.81%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 15.01g (5.46%), Sugar: 3.53g (3.93%), Cholesterol: 13.66mg (4.55%), Sodium: 173.44mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin K: 40.41µg (38.49%), Vitamin E: 1.89mg

(12.62%), Vitamin B1: 0.15mg (9.94%), Selenium: 5.93µg (8.48%), Folate: 33.9µg (8.47%), Vitamin B2: 0.1mg (6.09%), Manganese: 0.11mg (5.42%), Vitamin B3: 1.01mg (5.06%), Iron: 0.76mg (4.23%), Phosphorus: 29.39mg (2.94%), Vitamin A: 108.41IU (2.17%), Fiber: 0.47g (1.9%), Vitamin B5: 0.15mg (1.48%), Calcium: 13.52mg (1.35%), Copper: 0.02mg (1.24%), Zinc: 0.18mg (1.18%), Magnesium: 4.7mg (1.17%)