



Cake Doughnuts

READY IN



45 min.

SERVINGS



20

CALORIES



1002 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 quarts canola oil
- 0.3 cup cream sour
- 2 cups flour for dusting all-purpose plus more
- 1.3 cups cake flour
- 1 cup granulated sugar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 teaspoons coarse salt
- 1.5 teaspoons nutmeg freshly grated

- 0.5 teaspoon ground cinnamon
- 0.3 ounce yeast dry
- 0.8 cup nonfat buttermilk
- 1 large eggs whole
- 3 large egg yolk
- 1 teaspoon vanilla extract pure
- 1.3 cups powdered sugar

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- double boiler
- baking pan
- wooden spoon
- kitchen thermometer
- slotted spoon

Directions

- Heat oil in a low-sided five-quart saucepan over medium-high heat until a deep-frying thermometer registers 360 degrees. Lightly dust a baking pan with all-purpose flour, and line a second one with paper towels; set both aside.
- Meanwhile, place sour cream in a heat-proof bowl on top of a double boiler; set over a pan of simmering water.
- Heat until warm to the touch.
- Remove from heat; set aside.
- In a large bowl, sift together all-purpose flour, cake flour, granulated sugar, baking powder, baking soda, salt, and nutmeg. Make a large well; place yeast in center.

- Pour warm sour cream over yeast, and let sit 1 minute.
- Place buttermilk, whole egg, egg yolks, and vanilla in a medium bowl; whisk to combine.
- Pour egg mixture over sour cream. Using a wooden spoon, gradually draw flour mixture into egg mixture, stirring until smooth before drawing in more flour. Continue until all flour mixture has been incorporated; dough will be very sticky.
- Sift a heavy coat of flour onto a clean work surface. Turn out dough. Sift another heavy layer of flour over dough. Using your hands, pat dough until it is 1/2 inch thick. Using a 2 3/4-inch doughnut cutter, cut out doughnuts as close together as possible, dipping the cutter in flour before each cut.
- Transfer doughnuts to floured pan, and let rest 10 minutes, but not more.
- Carefully transfer four doughnuts to hot oil. Cook until golden, about 2 minutes. Turn over; continue cooking until evenly browned on both sides, about 2 minutes more. Using a slotted spoon, transfer doughnuts to lined pan. Repeat with remaining doughnuts.
- Gather remaining dough scraps into a ball.
- Let rest 10 minutes; pat into a 1/2-inch-thick rectangle.
- Cut, let rest 10 minutes, and cook.
- When cool enough to handle, sift nonmelting sugar over tops; serve immediately.

Nutrition Facts

PROTEIN 1.38% **FAT 85.35%** **CARBS 13.27%**

Properties

Glycemic Index:18.95, Glycemic Load:17.66, Inflammation Score:-2, Nutrition Score:10.767826144462%

Nutrients (% of daily need)

Calories: 1001.6kcal (50.08%), Fat: 96.47g (148.42%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 33.06g (12.02%), Sugar: 18.01g (20.01%), Cholesterol: 38.71mg (12.9%), Sodium: 248.28mg (10.79%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 3.5g (7.01%), Vitamin E: 16.7mg (111.36%), Vitamin K: 67.62µg (64.4%), Selenium: 9.78µg (13.97%), Vitamin B1: 0.15mg (10%), Folate: 38.93µg (9.73%), Manganese: 0.17mg (8.27%), Vitamin B2: 0.11mg (6.7%), Vitamin B3: 0.97mg (4.84%), Phosphorus: 47.35mg (4.74%), Iron: 0.83mg (4.59%), Calcium: 30.61mg (3.06%), Fiber: 0.68g (2.71%), Vitamin B5: 0.26mg (2.61%), Copper: 0.04mg (2.06%), Zinc: 0.29mg (1.93%), Magnesium: 6.02mg (1.51%), Vitamin B6: 0.03mg (1.42%), Vitamin A: 68.64IU (1.37%), Vitamin B12: 0.08µg (1.3%), Vitamin D: 0.19µg (1.25%), Potassium: 35.88mg (1.03%)