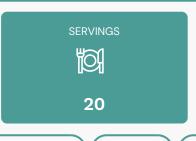


Cake Doughnuts







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 powde
	0.5 teaspoon baking soda

1.5 teaspoons nutmeg freshly grated

1.5 teaspoons coarse salt

	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
Eq	uipment
	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.

Nutrition Facts
When cool enough to handle, sift nonmelting sugar over tops; serve immediately.
Cut, let rest 10 minutes, and cook.
Let rest 10 minutes; pat into a 1/2-inch-thick rectangle.
Gather remaining dough scraps into a ball.
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.
Transfer doughnuts to floured pan, and let rest 10 minutes, but not more.
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.
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.
Place buttermilk, whole egg, egg yolks, and vanilla in a medium bowl; whisk to combine.
Pour warm sour cream over yeast, and let sit 1 minute.

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%)

PROTEIN 1.38% FAT 85.35% CARBS 13.27%