



Chocolate Cake Doughnuts

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 tablespoons butter
- ☐ 1 cup buttermilk
- ☐ 1 cup confectioners' sugar
- ☐ 1 egg white
- ☐ 2 eggs
- ☐ 3.5 cups flour all-purpose

- ☐ 0.5 teaspoon salt
- ☐ 3 ounce chocolate unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 quart vegetable oil for frying
- ☐ 1.5 cups sugar white

Equipment

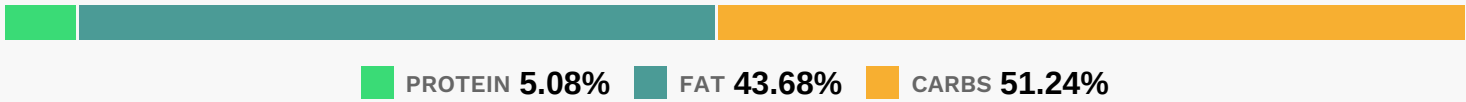
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ All the ingredients should be at room temperature (70 degrees F). Beat the sugar and eggs together until creamy and lemon colored.
- ☐ Melt the butter and chocolate together in a small saucepan over low heat. Beat into the sugar and egg mixture.
- ☐ In a separate bowl combine the vanilla and buttermilk. Stir into the sugar mixture.
- ☐ Combine the flour, baking powder, baking soda, and salt in a large bowl. Stir into the liquid mixture. Chill the dough slightly to make it easier to handle.
- ☐ Roll out half the dough on a lightly floured board to a 1/2 inch thickness.
- ☐ Cut into doughnuts. Allow the cut doughnuts to dry for 10 minutes.
- ☐ Heat 2 inches of oil to 370 degrees F (185 degrees C) in a large skillet. The dough should be at room temperature before frying. Dip a metal pancake turner into the hot oil each time before using it to move or turn a doughnut.
- ☐ Transfer the doughnuts to the skillet, one every 15 seconds. Fry each doughnut about 90 seconds per side.
- ☐ Remove the doughnuts and drain on paper towels. Repeat with the remaining dough.
- ☐ To make the icing: Beat the sugar, egg white, and vanilla together until smooth.

Drizzle onto the doughnuts after they have cooled.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:15.25, Inflammation Score:-2, Nutrition Score:4.4404347927674%

Flavonoids

Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg

Nutrients (% of daily need)

Calories: 200.58kcal (10.03%), Fat: 10.03g (15.43%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 25.6g (9.31%), Sugar: 14.38g (15.97%), Cholesterol: 15.81mg (5.27%), Sodium: 145.02mg (6.31%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 2.62g (5.25%), Vitamin K: 12.08µg (11.51%), Manganese: 0.22mg (10.98%), Selenium: 6.67µg (9.53%), Vitamin B1: 0.12mg (8.25%), Folate: 29.36µg (7.34%), Iron: 1.28mg (7.1%), Vitamin B2: 0.11mg (6.46%), Copper: 0.12mg (5.9%), Phosphorus: 49.06mg (4.91%), Vitamin B3: 0.91mg (4.55%), Vitamin E: 0.62mg (4.11%), Calcium: 40.09mg (4.01%), Magnesium: 13.9mg (3.47%), Fiber: 0.87g (3.46%), Zinc: 0.45mg (2.98%), Potassium: 56.53mg (1.62%), Vitamin A: 75.69IU (1.51%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.07µg (1.12%), Vitamin D: 0.16µg (1.08%)