



Coffee-Glazed Doughnuts

 Vegetarian

READY IN



4500 min.

SERVINGS



12

CALORIES



579 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 oz yeast dry ()
- ☐ 0.5 teaspoon cinnamon
- ☐ 1.5 cups powdered sugar
- ☐ 1 tablespoon plus light
- ☐ 3 large egg yolk
- ☐ 3.3 cups flour all-purpose for sprinkling and rolling out dough
- ☐ 5 teaspoons espresso powder
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 10 cups vegetable oil for deep frying
- ☐ 0.3 cup water
- ☐ 2 tablespoons water (105–115°F)
- ☐ 1 cup milk whole at room temperature

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ rolling pin
- ☐ slotted spoon
- ☐ skimmer

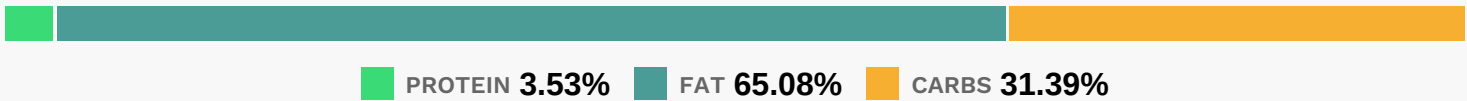
Directions

- ☐ Stir together yeast and warm water in a small bowl until yeast is dissolved.
- ☐ Let stand until foamy, about 5 minutes. (If yeast doesn't foam, discard and start over with new yeast.)
- ☐ Mix together flour, milk, butter, yolks, sugar, salt, cinnamon, and yeast mixture in mixer at low speed until a soft dough forms. Increase speed to medium-high and beat 3 minutes more.
- ☐ Scrape dough down side of bowl (all around) into center, then sprinkle lightly with flour (to keep a crust from forming). Cover bowl with a clean kitchen towel (not terry cloth) and let dough rise in a draft-free place at warm room temperature until doubled in bulk, 1 1/2 to 2

hours. (Alternatively, let dough rise in bowl in refrigerator 8 to 12 hours.)

- ☐ Turn dough out onto a lightly floured surface and roll out with a lightly floured rolling pin into a 12-inch round (1/2 inch thick).
- ☐ Cut out as many rounds as possible with 3-inch cutter, then cut a hole in center of each round with 1-inch cutter and transfer doughnuts to a lightly floured large baking sheet. Cover doughnuts with a clean kitchen towel and let rise in a draft-free place at warm room temperature until slightly puffed, about 30 minutes (45 minutes if dough was cold when cutting out doughnuts). Do not reroll scraps.
- ☐ Heat 2 1/2 inches oil in a deep 4-quart heavy pot until it registers 350°F on thermometer. Fry doughnuts, 2 at a time, turning occasionally with a wire or mesh skimmer or a slotted spoon, until puffed and golden brown, about 2 minutes per batch.
- ☐ Transfer to paper towels to drain. (Return oil to 350°F between batches.)
- ☐ Stir together boiling-hot water and espresso powder in a medium bowl until powder is dissolved, then stir in confectioners sugar, corn syrup, vanilla, and salt until smooth.
- ☐ Dip doughnuts into glaze, turning to coat well, then put on a rack set in a shallow baking pan (to catch any drips). While glaze is wet, sprinkle doughnuts with sanding sugar (if using).
- ☐ Let stand until glaze is set, about 20 minutes.
- ☐ Doughnuts are best eaten the day they're fried.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:20.72, Inflammation Score:-5, Nutrition Score:10.678260699967%

Nutrients (% of daily need)

Calories: 579.28kcal (28.96%), Fat: 42.34g (65.13%), Saturated Fat: 8.81g (55.09%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 44.83g (16.3%), Sugar: 19.18g (21.31%), Cholesterol: 58.51mg (19.5%), Sodium: 61.71mg (2.68%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Caffeine: 13.08mg (4.36%), Protein: 5.17g (10.35%), Vitamin K: 67.38µg (64.17%), Vitamin B1: 0.35mg (23.4%), Vitamin E: 3.22mg (21.49%), Selenium: 14.51µg (20.72%), Folate: 82.13µg (20.53%), Vitamin B2: 0.25mg (14.51%), Manganese: 0.26mg (12.94%), Vitamin B3: 2.38mg (11.9%), Iron: 1.74mg (9.69%), Phosphorus: 79.89mg (7.99%), Fiber: 1.12g (4.47%), Vitamin B5: 0.44mg (4.37%), Vitamin A: 212.65IU (4.25%), Calcium: 38.98mg (3.9%), Vitamin D: 0.52µg (3.49%), Vitamin B12: 0.2µg (3.35%), Zinc: 0.48mg (3.22%), Magnesium: 12.03mg (3.01%), Copper: 0.06mg (2.94%), Potassium: 93.73mg (2.68%), Vitamin B6: 0.05mg

(2.57%)