



Coffee-Glazed Italian Doughnuts (Zeppole)

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



604 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon rum / brandy / coffee liqueur recommended: Kahlua
- ☐ 3 ounce chocolate bar
- ☐ 1 egg yolk
- ☐ 3 eggs
- ☐ 2 teaspoons espresso powder
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons lemon zest from 1 lemon
- ☐ 2 cups powdered sugar

- ☐ 1 cup raspberries
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 4 ounces butter unsalted cut into 1/2-inch pieces, at room temperature 1 stick
- ☐ 6 servings vegetable oil for frying
- ☐ 0.5 cup water
- ☐ 6 servings water as needed
- ☐ 0.3 cup whipping cream

Equipment

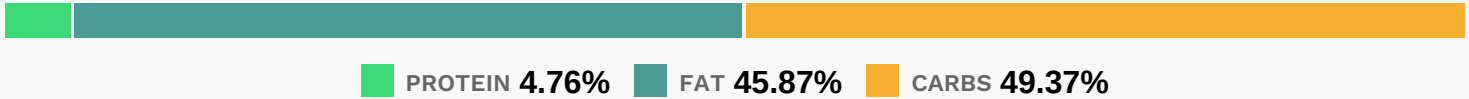
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ ice cream scoop
- ☐ grater

Directions

- ☐ Watch how to make this recipe.
- ☐ For the doughnuts: In a medium saucepan, combine the butter, water, sugar, and salt over medium heat. Bring to a rolling boil, stirring occasionally. Boil for 10 seconds.
- ☐ Remove the pan from the heat and add the flour. Using a wooded spoon, quickly stir the mixture until all the flour is fully incorporated and forms a thick dough. Return the pan to the heat and stir continuously for 2 minutes. Scrape the mixture into a stand mixture fitted with a paddle attachment. With the machine running on medium speed, add the eggs and egg yolk, 1 at a time until fully incorporated. Beat the mixture for 4 to 5 minutes until thick and glossy.
- ☐ Add the lemon zest and beat until smooth. Refrigerate the dough for 15 minutes.

- ☐ For the glaze: In a medium bowl, whisk together the cream, coffee liqueur, and espresso powder until smooth. With a wooden spoon, gradually stir in the powdered sugar until smooth. If the glaze is too thick, stir in the water, 1/4 teaspoon at a time.
- ☐ In a large heavy-bottomed saucepan, pour in enough oil to fill the pan about a third of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 375 degrees F. (If you don't have a thermometer a cube of bread will brown in a couple of minutes.)
- ☐ Using a small ice cream scoop or 2 small spoons, carefully drop scoops (about 1 tablespoon) of the dough into the oil. (Do not crowd the pan,) Cook for 3 to 3 1/2 minutes, turning occasionally, until the zeppole are golden and puffed.
- ☐ Drain on paper towels. Repeat until all of the dough has been used. When the zeppole is cool enough to handle, dip the top halves in the glaze.
- ☐ Using a hand grater, grate the chocolate, if using, over serving plates.
- ☐ Place 3 to 4 zeppole on each plate and garnish with fresh raspberries, if using.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:18.74, Inflammation Score:-6, Nutrition Score:11.544782680014%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 603.85kcal (30.19%), Fat: 31.01g (47.71%), Saturated Fat: 16.9g (105.64%), Carbohydrates: 75.09g (25.03%), Net Carbohydrates: 71.61g (26.04%), Sugar: 53.37g (59.3%), Cholesterol: 166.51mg (55.5%), Sodium: 151.84mg (6.6%), Alcohol: 0.54g (100%), Alcohol %: 0.16% (100%), Caffeine: 21.81mg (7.27%), Protein: 7.24g (14.48%), Manganese: 0.57mg (28.44%), Selenium: 17.32µg (24.75%), Iron: 3.32mg (18.45%), Copper: 0.37mg (18.31%), Vitamin B2: 0.27mg (16.06%), Vitamin A: 792.6IU (15.85%), Folate: 58.1µg (14.52%), Fiber: 3.48g (13.91%), Phosphorus: 138.6mg (13.86%), Vitamin B1: 0.19mg (12.81%), Magnesium: 48.92mg (12.23%), Vitamin K: 9.54µg (9.09%), Vitamin E: 1.34mg (8.93%), Vitamin B3: 1.63mg (8.14%), Zinc: 1.13mg (7.51%), Vitamin C: 6.16mg (7.47%), Vitamin D: 1.04µg (6.96%), Vitamin B5: 0.69mg (6.92%), Potassium: 215.28mg (6.15%), Vitamin B12: 0.34µg (5.7%), Calcium: 55.34mg (5.53%), Vitamin B6: 0.08mg (3.94%)