



County Fair KOOL-AID Drop Donuts

 Vegetarian

READY IN



30 min.

SERVINGS



50

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.1 ounce drink mix unsweetened soft (such as KOOL-AID®)
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 2 quarts vegetable oil for frying
- ☐ 1 cup sugar white

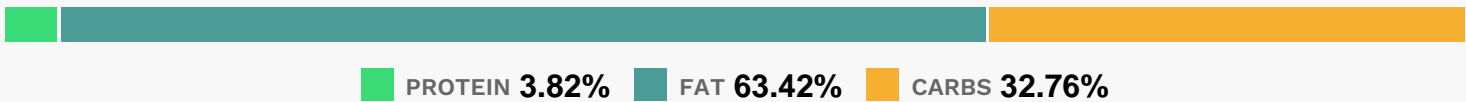
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat oil in a deep-fryer or large saucepan to 365 degrees F (185 degrees C).
- ☐ Mix 3 cups flour, 1 cup sugar, the baking powder, salt, and 1/2 packet of the soft drink mix together in a large bowl.
- ☐ Whisk the milk, eggs, butter, and vanilla extract together in a separate large bowl until blended; slowly stir in the flour mixture until entirely incorporated in a batter the consistency of a thick pancake batter.
- ☐ Drop the batter by large spoonfuls, about 2 teaspoons in size, into the preheated oil; fry until deep golden brown on all sides, 2 to 3 minutes.
- ☐ Remove to drain on a platter lined with paper towels.
- ☐ Mix together 1 cup sugar with the remaining 1/2 packet of soft drink mix in a flat-bottomed dish.
- ☐ Roll the drained donuts in the sugar mixture while still hot. Set aside on a fresh set of paper towels to cool slightly; serve warm.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:7.08, Inflammation Score:-1, Nutrition Score:2.2465217048707%

Nutrients (% of daily need)

Calories: 121.77kcal (6.09%), Fat: 8.67g (13.34%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.87g (3.59%), Sugar: 4.3g (4.78%), Cholesterol: 8.96mg (2.99%), Sodium: 58.95mg (2.56%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 1.17g (2.35%), Vitamin K: 14.03µg (13.36%), Selenium: 3.22µg (4.6%), Vitamin E: 0.66mg (4.43%), Vitamin B1: 0.06mg (4.18%), Folate: 14.61µg (3.65%), Vitamin B2: 0.05mg (3.15%), Manganese: 0.05mg (2.62%), Iron: 0.41mg (2.28%), Vitamin B3: 0.45mg (2.27%), Calcium: 22.7mg (2.27%), Phosphorus: 22.24mg (2.22%)