



Dansk Aebleskiver (Danish Doughnuts)

READY IN



55 min.

SERVINGS



48

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 0.3 cup butter melted
- 1 quart buttermilk
- 8 eggs
- 4 cups flour all-purpose
- 1.5 tablespoons ground cardamom
- 1 teaspoon salt
- 2 cups vegetable shortening melted
- 2 tablespoons sugar white

Equipment

- frying pan
- paper towels
- whisk
- mixing bowl
- skewers

Directions

- Preheat an electric aebleskiver pan according to the manufacturer's directions.
- Beat together the eggs, buttermilk, and butter in a mixing bowl until smooth. Gradually whisk the flour, salt, sugar, baking soda, and cardamom into the egg mixture until evenly blended and smooth.
- Spoon 1 tablespoon of shortening into each cup of the preheated aebleskiver pan, and allow the oil to heat.
- Pour batter into each cup until 3/4 full. Allow the batter to cook in the bottom of the cup 3 to 4 minutes until golden brown, then use a long skewer or knitting needle to lift one edge and give it a 1/4 turn. The uncooked batter will spill over into the cup, and cook. Continue lifting and turning the edges until the batter is fully cooked into a golden brown ball.
- Drain on paper towels.

Nutrition Facts

  
 **PROTEIN 7.21%**  **FAT 66.82%**  **CARBS 25.97%**

Properties

Glycemic Index:4.81, Glycemic Load:6.4, Inflammation Score:-1, Nutrition Score:3.3317391375161%

Nutrients (% of daily need)

Calories: 147.12kcal (7.36%), Fat: 10.97g (16.87%), Saturated Fat: 3.36g (21.03%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 9.26g (3.37%), Sugar: 1.52g (1.69%), Cholesterol: 31.99mg (10.66%), Sodium: 110.55mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Selenium: 6.53µg (9.32%), Vitamin B2: 0.12mg (7.04%), Vitamin B1: 0.1mg (6.41%), Manganese: 0.13mg (6.33%), Folate: 23.53µg (5.88%), Vitamin K: 4.74µg (4.51%), Vitamin E: 0.65mg (4.32%), Phosphorus: 43.15mg (4.31%), Iron: 0.65mg (3.61%), Vitamin B3: 0.64mg (3.2%),

Calcium: 29.46mg (2.95%), Vitamin B5: 0.29mg (2.92%), Vitamin D: 0.4µg (2.69%), Vitamin B12: 0.16µg (2.63%),
Vitamin A: 101.68IU (2.03%), Zinc: 0.26mg (1.72%), Potassium: 50.28mg (1.44%), Magnesium: 5.6mg (1.4%), Fiber:
0.33g (1.34%), Copper: 0.03mg (1.3%), Vitamin B6: 0.02mg (1.23%)