



Decadent Doughnuts with White and Chocolate Glaze

READY IN



34 min.

SERVINGS



12

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 ounce bittersweet chocolate
- ☐ 2 large eggs
- ☐ 4 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons heavy whipping cream
- ☐ 4 tablespoons heavy whipping cream divided
- ☐ 0.5 cup milk

- ☐ 12 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.5 teaspoon salt
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 ounce chocolate white

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ microwave
- ☐ dutch oven

Directions

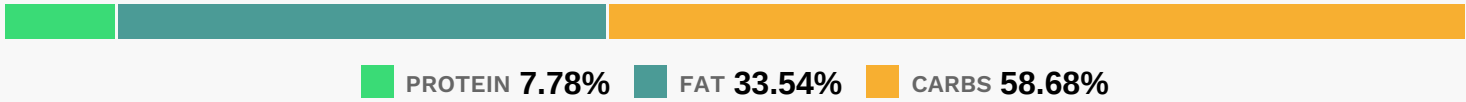
- ☐ In a large Dutch oven, pour the oil to a depth of 2 inches; heat to 360 degrees F.
- ☐ In a large bowl, combine the flour, sugar, cocoa, baking powder, baking soda, and salt.
- ☐ In a small bowl, whisk together the sour cream, milk, and eggs.
- ☐ Add to the flour mixture, stirring to combine.
- ☐ Turn the dough out onto a lightly floured surface.
- ☐ Roll to 3/4-inch thickness. Using a 3-inch round cutter, cut out the doughnuts. Using a 1-inch round cutter, cut out the center of each doughnut.
- ☐ Fry the doughnuts, in batches, for 1 minute per side.
- ☐ Drain on paper towels.
- ☐ In a small bowl, combine the white chocolate and 2 tablespoons heavy cream. Microwave on High in 30-second intervals, stirring between each, until the chocolate is melted and smooth (about 1 minute total).
- ☐ Drizzle over the doughnuts.
- ☐ In a small bowl, combine the bittersweet chocolate and remaining 2 tablespoons heavy cream. Microwave on High in 30-second intervals, stirring between each, until the chocolate

is melted and smooth (about 1 minute total).

☐

Drizzle over the doughnuts.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:36.94, Inflammation Score:-5, Nutrition Score:10.62826098696%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 383.4kcal (19.17%), Fat: 14.62g (22.5%), Saturated Fat: 6.9g (43.1%), Carbohydrates: 57.56g (19.19%), Net Carbohydrates: 54.72g (19.9%), Sugar: 22.72g (25.25%), Cholesterol: 53.28mg (17.76%), Sodium: 243.3mg (10.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.31mg (4.1%), Protein: 7.64g (15.27%), Selenium: 19.03µg (27.19%), Manganese: 0.49mg (24.53%), Vitamin B1: 0.35mg (23.25%), Folate: 83.09µg (20.77%), Vitamin B2: 0.33mg (19.51%), Iron: 2.99mg (16.62%), Phosphorus: 152.19mg (15.22%), Copper: 0.27mg (13.46%), Vitamin B3: 2.65mg (13.26%), Fiber: 2.84g (11.36%), Calcium: 104.05mg (10.4%), Magnesium: 40.77mg (10.19%), Zinc: 0.93mg (6.19%), Vitamin A: 294.91IU (5.9%), Potassium: 197.67mg (5.65%), Vitamin E: 0.78mg (5.17%), Vitamin B5: 0.48mg (4.84%), Vitamin B12: 0.22µg (3.6%), Vitamin B6: 0.06mg (2.88%), Vitamin D: 0.4µg (2.66%), Vitamin K: 1.59µg (1.51%)