



Doughnut Holes With Strawberry Syrup

READY IN



75 min.

SERVINGS



24

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 24 servings cinnamon sugar for coating
- ☐ 2 large eggs lightly beaten
- ☐ 5 tablespoons st. germain such as st-germaine
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup strawberry jelly

- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 24 servings vegetable oil for frying

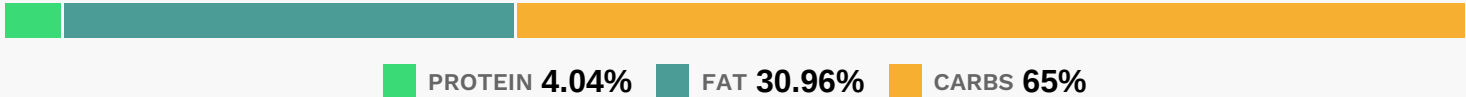
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Combine 1 cup water, the jelly and 2 tablespoons elderflower liqueur in a saucepan over medium heat; bring to a boil, then reduce the heat to low and simmer until syrupy, 20 to 25 minutes.
- ☐ Whisk the flour, sugar, baking powder, salt and nutmeg in a large bowl. Stir in the cream, eggs, vanilla and the remaining 3 tablespoons elderflower liqueur until smooth.
- ☐ Heat about 1/3 inches vegetable oil in a large pot over medium heat until a deep=fry thermometer registers 350 degrees F. Working in batches, drop heaping tablespoonfuls of the batter into the oil and fry, turning, until golden, 4 minutes. (Reduce the heat if the doughnuts are browning too quickly.)
- ☐ Remove with a slotted spoon and drain on paper towels, then roll in cinnamon sugar.
- ☐ Serve with the strawberry syrup.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:21.43, Inflammation Score:-2, Nutrition Score:2.9330434721449%

Nutrients (% of daily need)

Calories: 206.37kcal (10.32%), Fat: 6.97g (10.72%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 32.51g (11.82%), Sugar: 22.51g (25.01%), Cholesterol: 26.71mg (8.9%), Sodium: 57.6mg (2.5%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 2.05g (4.09%), Selenium: 5.8µg (8.28%), Vitamin B1: 0.1mg (6.46%), Vitamin B2: 0.1mg (6.15%), Folate: 24.61µg (6.15%), Vitamin K: 5.51µg (5.25%), Manganese: 0.09mg (4.32%), Iron: 0.7mg (3.86%), Vitamin B3: 0.71mg (3.53%), Vitamin A: 168.32IU (3.37%), Phosphorus: 32.67mg (3.27%), Vitamin E: 0.38mg (2.53%), Calcium: 24.58mg (2.46%), Vitamin D: 0.24µg (1.61%), Fiber: 0.4g (1.61%), Copper: 0.03mg (1.49%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.17mg (1.11%), Magnesium: 4.21mg (1.05%)