

Fluffy Instant Donuts

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

56

CALORIES

calories

64 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 eggs
- ☐ 0.5 cup flour
- ☐ 3 cups oil for frying or as needed
- ☐ 1.3 cups water
- ☐ 18.3 ounce moist cake mix

Equipment

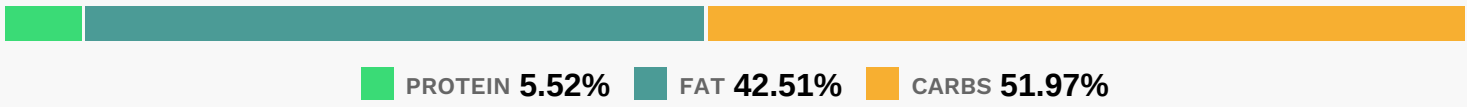
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ hand mixer
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ In a large bowl, combine the cake mix, flour, water, and eggs. Beat with an electric mixer on low speed for 5 minutes, or until batter is free of lumps.
- ☐ Heat oil in a large, deep skillet until it reaches 375 degrees F (190 degrees C). Using a small scoop equal to about 2 tablespoons, carefully drop batter into hot oil in batches so as not to overcrowd.
- ☐ Cook donuts in hot oil for 5 minutes, or until golden brown, flipping once with a fork mid-way through for even cooking.
- ☐ Carefully remove donuts from oil with slotted spoon or tongs, and drain on paper towels. Dust with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:1.34, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:1.337826077057%

Nutrients (% of daily need)

Calories: 64.14kcal (3.21%), Fat: 3.05g (4.69%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 8.26g (3%), Sugar: 3.9g (4.34%), Cholesterol: 11.69mg (3.9%), Sodium: 68.77mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Phosphorus: 38.56mg (3.86%), Vitamin E: 0.53mg (3.56%), Selenium: 2.14µg (3.05%), Folate: 9.99µg (2.5%), Vitamin B2: 0.04mg (2.35%), Calcium: 22.32mg (2.23%), Vitamin B1: 0.03mg (2%), Vitamin K: 1.97µg (1.88%), Iron: 0.29mg (1.59%), Vitamin B3: 0.29mg (1.44%), Manganese: 0.03mg (1.37%)