



Ginger Doughnuts



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



42

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 2 large eggs
- ☐ 0.3 cup ginger coarsely chopped
- ☐ 1.5 teaspoons ground ginger
- ☐ 1.5 teaspoons salt
- ☐ 1.8 cups sugar

- ☐ 0.3 cup butter unsalted cooled melted
- ☐ 12 cups vegetable oil

Equipment

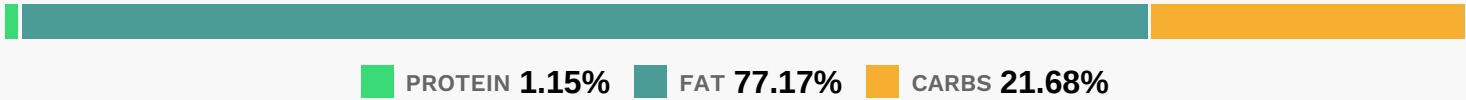
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ rolling pin

Directions

- ☐ Whisk together flour, baking powder, baking soda, salt, and 3/4 teaspoon ground ginger in a large bowl.
- ☐ Whisk together 1 cup sugar and remaining 3/4 teaspoon ground ginger in a shallow bowl.
- ☐ Pulse remaining 3/4 cup sugar with crystallized ginger in a food processor until ginger is finely chopped.
- ☐ Transfer to a bowl and whisk in buttermilk, butter, and eggs until smooth.
- ☐ Add buttermilk mixture to flour mixture and stir until a dough forms (dough will be sticky).
- ☐ Turn out dough onto a well-floured surface and knead gently just until it comes together, 10 to 12 times, then form into a ball. Lightly dust work surface and dough with flour, then roll out dough into a 13-inch round (about 1/3 inch thick) with a floured rolling pin.
- ☐ Cut out rounds with floured cutter and transfer to a lightly floured baking sheet. Gather scraps and reroll, then cut out additional rounds. (Reroll only once.)
- ☐ Heat oil in a wide 5-quart heavy pot until thermometer registers 375°F. Working in batches of 7 or 8, carefully add rounds, 1 at a time, to oil and fry, turning over once, until golden brown, 1 1/2 to 2 minutes total per batch. (Return oil to 375°F between batches.)

- ☐
- Transfer to paper towels to drain. Cool slightly, then dredge in ginger sugar.
- ☐
- Doughnuts can be fried (but not dredged in ginger sugar) 4 hours ahead and cooled completely, then kept in an airtight container at room temperature. Reheat undredged doughnuts on a baking sheet in a preheated 250°F oven 10 to 15 minutes, then cool slightly and dredge in ginger sugar.

Nutrition Facts



Properties

Glycemic Index:4.95, Glycemic Load:6, Inflammation Score:-1, Nutrition Score:1.919565230446%

Nutrients (% of daily need)

Calories: 159.01kcal (7.95%), Fat: 13.96g (21.47%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.79g (3.2%), Sugar: 8.55g (9.5%), Cholesterol: 12.23mg (4.08%), Sodium: 183.78mg (7.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin K: 23.02µg (21.93%), Vitamin E: 1.08mg (7.2%), Calcium: 29.31mg (2.93%), Phosphorus: 17.41mg (1.74%), Selenium: 1µg (1.43%), Manganese: 0.03mg (1.35%), Vitamin B2: 0.02mg (1.22%), Vitamin A: 53.72IU (1.07%)