



## Glazed Cider Doughnuts

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



2368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk at room temperature
- ☐ 1.3 teaspoons cinnamon
- ☐ 0.3 cup cider reduction
- ☐ 1.3 cups cider reduction
- ☐ 2 servings cider glaze
- ☐ 2 large eggs at room temperature

- ☐ 3.8 cups flour
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2.8 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 5 tablespoons butter unsalted at room temperature
- ☐ 1 tablespoon vanilla extract
- ☐ 2 servings vegetable oil for frying
- ☐ 1 TS doughnuts
- ☐ 2 servings doughnuts

## Equipment

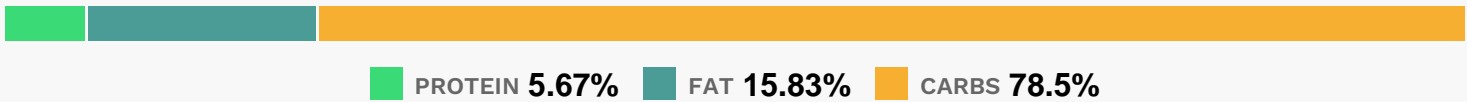
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ stove
- ☐ spatula
- ☐ dutch oven

## Directions

- ☐ Make doughnuts: In a medium bowl, whisk together 3 3/4 cups flour, the baking powder, baking soda, salt, cinnamon, and nutmeg. In a small bowl, combine buttermilk, cider reduction, and vanilla. Using a mixer, beat granulated sugar and butter in a large bowl on medium-high speed until fluffy and very light in color, 4 to 6 minutes. "You're beating air into the butter and sugar so you have a light, delicate texture," says Davis.
- ☐ Add eggs one at a time, beating well after each addition and scraping bowl occasionally.

- ☐ On low speed, beat in dry ingredients in 3 additions, alternating with buttermilk mixture and beating just until combined.
- ☐ Line a baking sheet with parchment paper and dust generously with flour. Put dough on sheet and sprinkle generously with flour. Pat or roll dough into a slab about 1/2 in. thick. Cover with plastic wrap and chill until center feels firm enough to cut, about 1 hour.
- ☐ Slip dough from parchment onto a flour-dusted work surface. Line baking sheet with a fresh piece of parchment.
- ☐ Cut doughnuts and holes, dipping a 2 3/4-in. doughnut cutter into flour each time and "releasing them with a strong flick of your wrist." Set on baking sheet. Gather scraps and reroll.
- ☐ Heat 1 1/2 in. oil in a dutch oven to between 350 and 360 on a deep-fry thermometer. Meanwhile, set 2 cooling racks over empty baking sheets; set them near stove. Make glaze: In a medium bowl, whisk together cider reduction, powdered sugar, and vanilla.
- ☐ Fry 2 or 3 doughnuts and holes at a time until a rich toasty brown, turning once with a slotted spatula or spoon, 1 to 1 1/2 minutes per side. Adjust heat as needed; "you want a lively bubble." Test the first doughnut and make sure it's cooked through (it will be light colored inside but shouldn't look wet).
- ☐ Transfer doughnuts to racks over baking sheets.
- ☐ Let cool just until comfortably warm; at this temperature, rather than cool, "they suck up the glaze." Dip all over in glaze and set on racks.

## Nutrition Facts



## Properties

Glycemic Index:171.55, Glycemic Load:201.24, Inflammation Score:-9, Nutrition Score:39.839565487659%

## Nutrients (% of daily need)

Calories: 2367.94kcal (118.4%), Fat: 40.75g (62.69%), Saturated Fat: 21.61g (135.05%), Carbohydrates: 454.59g (151.53%), Net Carbohydrates: 447.49g (162.72%), Sugar: 270.91g (301.01%), Cholesterol: 267.85mg (89.28%), Sodium: 2289.08mg (99.53%), Alcohol: 11.63g (100%), Alcohol %: 1.71% (100%), Protein: 32.82g (65.63%), Selenium: 99.02µg (141.46%), Vitamin B1: 1.89mg (126.17%), Folate: 456.91µg (114.23%), Manganese: 1.88mg (93.9%), Vitamin B2: 1.56mg (91.69%), Vitamin B3: 13.99mg (69.97%), Iron: 12.5mg (69.46%), Phosphorus: 501.42mg (50.14%), Calcium: 393.13mg (39.31%), Fiber: 7.1g (28.42%), Vitamin A: 1247.85IU (24.96%), Copper: 0.43mg (21.4%), Vitamin B5: 2.07mg (20.66%), Zinc: 2.62mg (17.44%), Magnesium: 67.82mg (16.95%), Vitamin D: 2.31µg (15.37%), Vitamin B12: 0.78µg (13.01%), Potassium: 432.28mg (12.35%), Vitamin E: 1.78mg (11.85%), Vitamin B6: 0.22mg (10.76%),

Vitamin K: 9.02μg (8.59%)