



## Glazed Yeast Doughnuts

 Popular

READY IN



175 min.

SERVINGS



24

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.3 cup butter
- ☐ 2 cups confectioners' sugar
- ☐ 2 eggs beaten
- ☐ 4 cups flour all-purpose sifted
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup scalded milk
- ☐ 6 tablespoons milk

- ☐ 24 servings oil for deep frying
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup warm water

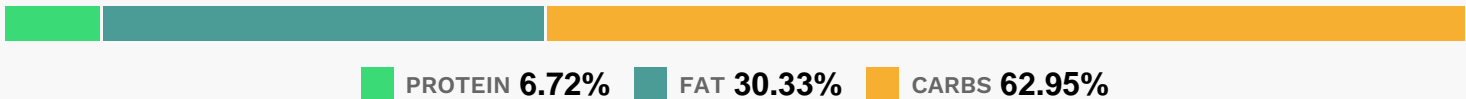
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ In a medium bowl, stir together the scalded milk, sugar, and salt. Set aside to cool until tepid. If using nutmeg, stir it into the flour, and add 2 cups of the mixture to the milk, and beat until well blended.
- ☐ In a small bowl, dissolve the yeast in warm water. Stir into the milk and flour mixture, then mix in the butter and eggs.
- ☐ Mix in the remaining flour 1/2 cup at a time. When dough is firm enough, turn it out onto a floured surface, and knead for 3 to 4 minutes.
- ☐ Place into an oiled bowl, cover and allow dough to rise until doubled in bulk. This should take 30 to 45 minutes.
- ☐ On a lightly floured surface, roll the dough out to 1/2 inch in thickness.
- ☐ Cut into circles using a donut cutter, or round cutter. Set aside to rise for 30 to 40 minutes, or until light.
- ☐ Heat one inch of oil in a deep heavy frying pan to 375 degrees F (190 degrees C). Fry donuts a few at a time. Cook on each side until golden brown, then remove to drain on paper towels. Glaze while warm, or just sprinkle with sugar.
- ☐ To make the glaze, stir together the confectioners' sugar and 6 tablespoons milk until smooth. Dip warm donuts into glaze, and set aside to cool.

## Nutrition Facts



## Properties

Glycemic Index:9.21, Glycemic Load:13.64, Inflammation Score:-3, Nutrition Score:4.2495651819298%

Nutrients (% of daily need)

Calories: 185.88kcal (9.29%), Fat: 6.29g (9.67%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 28.71g (10.44%), Sugar: 13.17g (14.63%), Cholesterol: 15.01mg (5%), Sodium: 64.4mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin B1: 0.2mg (13.61%), Selenium: 8.5µg (12.15%), Folate: 46.79µg (11.7%), Vitamin B2: 0.15mg (8.87%), Manganese: 0.15mg (7.25%), Vitamin B3: 1.36mg (6.82%), Iron: 1.04mg (5.8%), Phosphorus: 43.85mg (4.39%), Vitamin E: 0.64mg (4.3%), Vitamin A: 151IU (3.02%), Fiber: 0.64g (2.57%), Vitamin B5: 0.23mg (2.32%), Calcium: 20.42mg (2.04%), Vitamin K: 2.11µg (2%), Zinc: 0.26mg (1.77%), Copper: 0.04mg (1.77%), Magnesium: 6.67mg (1.67%), Vitamin B12: 0.1µg (1.62%), Potassium: 48.82mg (1.39%), Vitamin B6: 0.03mg (1.35%), Vitamin D: 0.2µg (1.32%)