



## Hanukkah Doughnuts with Strawberry Preserves

READY IN



45 min.

SERVINGS



8

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup butter
- 8 servings crème fraîche
- 2 large eggs
- 1 cup flour all-purpose
- 8 servings powdered sugar
- 8 servings strawberry preserves
- 1 tablespoon sugar
- 8 servings vegetable oil

1 cup water

## Equipment

bowl

paper towels

sauce pan

whisk

mixing bowl

hand mixer

cookie cutter

microwave

## Directions

Bring 1 cup water, butter, and sugar to a boil in a heavy saucepan.

Add flour, and cook, whisking constantly, 3 to 4 minutes or until mixture thickens.

Remove from heat; cool.

Spoon mixture into a mixing bowl. Beat in eggs, 1 at a time, at medium speed with an electric mixer, beating well after each addition. Turn dough out onto a lightly floured surface.

Pat dough to 1/8-inch thickness, and cut dough with star- or dreidel-shaped cookie cutters.

Pour oil to depth of 1/2 inch; heat to 37

Fry doughnuts, in batches, 3 to 4 minutes on each side or until golden.

Drain on paper towels.

Sprinkle with powdered sugar.

Microwave preserves in a glass bowl at HIGH 1 to 2 minutes or until thoroughly heated, stirring once.

Serve doughnuts with preserves and Crme Frache.

## Nutrition Facts



**PROTEIN 3.5%** **FAT 62.3%** **CARBS 34.2%**

## Properties

Glycemic Index:25.01, Glycemic Load:17.13, Inflammation Score:-5, Nutrition Score:6.1517391256664%

## Nutrients (% of daily need)

Calories: 416.77kcal (20.84%), Fat: 29.11g (44.78%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 35.31g (12.84%), Sugar: 19.52g (21.69%), Cholesterol: 53.58mg (17.86%), Sodium: 163.62mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin K: 26.01µg (24.77%), Selenium: 10.04µg (14.34%), Vitamin A: 649.75IU (12.99%), Vitamin E: 1.8mg (11.97%), Vitamin B2: 0.18mg (10.4%), Folate: 37.53µg (9.38%), Vitamin B1: 0.13mg (8.98%), Manganese: 0.12mg (5.99%), Iron: 1.06mg (5.88%), Phosphorus: 57.81mg (5.78%), Vitamin B3: 0.95mg (4.77%), Vitamin B5: 0.32mg (3.16%), Calcium: 30.7mg (3.07%), Copper: 0.06mg (2.95%), Fiber: 0.64g (2.57%), Vitamin B12: 0.15µg (2.51%), Vitamin C: 1.9mg (2.3%), Zinc: 0.33mg (2.17%), Potassium: 70.52mg (2.01%), Vitamin B6: 0.04mg (1.92%), Magnesium: 7.66mg (1.91%), Vitamin D: 0.25µg (1.67%)