



Hazelnut Spread-Filled Sufganiyot

 Vegetarian

READY IN



660 min.

SERVINGS



8

CALORIES



414 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2.3 teaspoons yeast dry
- 0.3 cup butter melted
- 4 teaspoons nutella with cocoa
- 1 eggs beaten
- 2 eggs
- 2.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.3 teaspoon ground cinnamon

- 0.8 cup milk (105°F to 115°F)
- 0.1 teaspoon nutmeg freshly ground
- 2 cups powdered sugar
- 0.3 teaspoon salt
- 1 teaspoon vanilla
- 8 servings vegetable oil for frying

Equipment

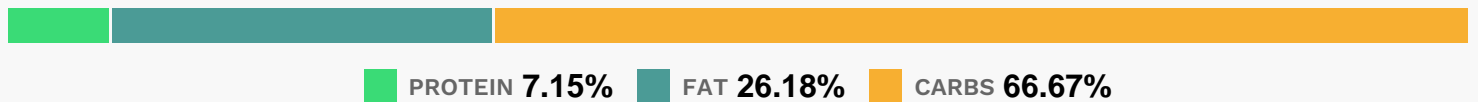
- bowl
- baking sheet
- paper towels
- sauce pan
- baking paper
- wire rack
- plastic wrap
- cookie cutter
- stand mixer
- deep fryer

Directions

- In bowl of electric stand mixer, place yeast, warm milk and melted butter; mix well with spoon until yeast dissolves.
- Add 1 cup of the flour, the granulated sugar, salt, cinnamon, nutmeg, vanilla, and 2 eggs to yeast mixture. With paddle attachment, mix on low speed until well blended.
- Replace paddle attachment with dough hook; add remaining flour.
- Mix on low speed until dough comes together, then on medium speed until dough is smooth, elastic and pulls away cleanly from sides of bowl.
- Spray large bowl with cooking spray. Form dough into ball; place in bowl. Cover with plastic wrap and refrigerate about 8 hours or overnight.

- Remove dough from refrigerator and allow to come to room temperature, about 1 hour. On lightly floured work surface, roll dough to 1/4- to 1/2-inch thickness. Using 2-inch round cookie cutter or small juice glass, cut out 16 circles, pressing together and rerolling dough scraps as necessary.
- Line cookie sheet with cooking parchment paper. On centers of 8 of the circles, spoon 1/2 teaspoon hazelnut spread; lightly brush beaten egg around edge of circles. Top with remaining circles, lightly pressing edges together.
- Place sufганиots on cookie sheet; cover with plastic wrap and let rest 30 minutes.
- In deep fryer or 3-quart heavy saucepan, heat 2 to 3 inches oil to 375F. Fry sufганиots, 3 or 4 at a time (do not overcrowd), in hot oil 1 to 2 minutes on each side or until golden brown.
- Drain on cooling rack placed over cookie sheet or paper towels.
- In large bowl, place powdered sugar; roll sufганиots in powdered sugar; cool at least 15 minutes. Reroll in powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:42.18, Glycemic Load:26.76, Inflammation Score:-5, Nutrition Score:9.4152174829303%

Nutrients (% of daily need)

Calories: 413.96kcal (20.7%), Fat: 12.08g (18.58%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 69.21g (23.07%), Net Carbohydrates: 67.75g (24.64%), Sugar: 38.27g (42.52%), Cholesterol: 79.38mg (26.46%), Sodium: 153.38mg (6.67%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 7.42g (14.84%), Vitamin B1: 0.43mg (28.33%), Selenium: 19.19µg (27.42%), Folate: 100.3µg (25.08%), Vitamin B2: 0.35mg (20.53%), Manganese: 0.31mg (15.55%), Vitamin B3: 2.71mg (13.56%), Iron: 2.26mg (12.56%), Phosphorus: 109.17mg (10.92%), Vitamin B5: 0.64mg (6.45%), Vitamin A: 303.72IU (6.07%), Fiber: 1.46g (5.86%), Vitamin K: 5.95µg (5.67%), Calcium: 49.05mg (4.9%), Vitamin E: 0.73mg (4.85%), Vitamin B12: 0.29µg (4.83%), Zinc: 0.69mg (4.59%), Copper: 0.09mg (4.37%), Magnesium: 15.69mg (3.92%), Vitamin D: 0.58µg (3.88%), Vitamin B6: 0.07mg (3.74%), Potassium: 120.97mg (3.46%)