



Herman Applesauce Doughnuts

READY IN



50 min.

SERVINGS



12

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apple sauce
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup buttermilk
- 2 egg yolk
- 2.8 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 2 tablespoons shortening

- 0.5 cup starter
- 0.5 teaspoon vanilla extract
- 8 cups vegetable oil for frying
- 1 tablespoon water
- 0.5 cup granulated sugar white

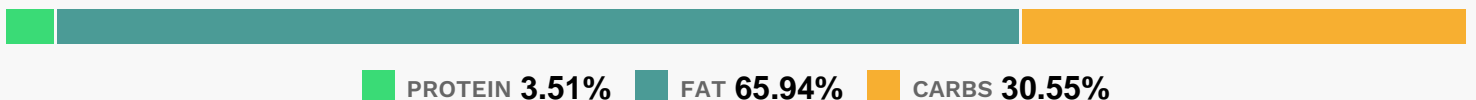
Equipment

- bowl
- paper towels
- mixing bowl

Directions

- Heat deep-fryer to 375 degrees F (190 degrees C). In a small bowl, dissolve baking soda in warm water.
- In a large mixing bowl, cream shortening and sugar. Beat in egg yolks, Herman sourdough starter, buttermilk, vanilla extract, applesauce and dissolved baking soda.
- Mix together cinnamon, nutmeg, baking powder and flour. Stir flour mixture into the wet ingredients until smooth.
- Turn dough out onto a lightly floured surface and roll out to 3/4 inch thickness.
- Cut out the doughnuts and let stand for 10 minutes before frying.
- Heat deep-fryer to 375 degrees F (190 degrees C). Carefully slide doughnuts into hot oil. Fry until golden brown on both sides.
- Drain on paper towels and serve hot.

Nutrition Facts



Properties

Glycemic Index:28.59, Glycemic Load:21.85, Inflammation Score:-4, Nutrition Score:8.0221738711647%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 440.06kcal (22%), Fat: 32.53g (50.05%), Saturated Fat: 5.41g (33.84%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 32.9g (11.96%), Sugar: 9.66g (10.73%), Cholesterol: 32.95mg (10.98%), Sodium: 106.48mg (4.63%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 3.89g (7.79%), Vitamin K: 54.79µg (52.18%), Vitamin E: 2.62mg (17.5%), Selenium: 11.66µg (16.66%), Vitamin B1: 0.24mg (15.73%), Folate: 57.43µg (14.36%), Manganese: 0.22mg (10.87%), Vitamin B2: 0.17mg (10.05%), Vitamin B3: 1.71mg (8.54%), Iron: 1.51mg (8.4%), Phosphorus: 58.59mg (5.86%), Calcium: 44.85mg (4.49%), Fiber: 1.02g (4.07%), Vitamin B5: 0.25mg (2.53%), Copper: 0.05mg (2.48%), Zinc: 0.3mg (1.97%), Magnesium: 7.63mg (1.91%), Vitamin D: 0.23µg (1.51%), Potassium: 49.36mg (1.41%), Vitamin B6: 0.03mg (1.4%), Vitamin B12: 0.08µg (1.36%), Vitamin A: 54.79IU (1.1%)