



## Honey-Glazed Doughnuts with Raisins and Pine Nuts



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 envelope yeast dry
- ☐ 1 large eggs beaten to blend
- ☐ 1 tablespoon ground cinnamon
- ☐ 1.5 cups honey
- ☐ 0.3 cup pinenuts
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 3 cups unbleached all purpose flour
- ☐ 1 tablespoon vegetable oil for frying plus more
- ☐ 0.8 cup water
- ☐ 1.5 cups water divided (105°F to 115°F)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

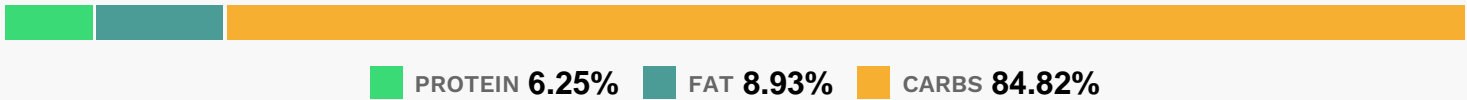
## Directions

- ☐ Combine 1/4 cup warm water and sugar in small bowl.
- ☐ Sprinkle yeast over; stir to blend.
- ☐ Let stand until yeast dissolves and mixture is foamy, about 6 minutes.
- ☐ Whisk flour and salt in large bowl to blend. Make well in center.
- ☐ Add raisins, pine nuts, egg, and 1 tablespoon oil to well.
- ☐ Pour remaining 1 1/4 cups warm water over, then pour yeast mixture over. Stir until smooth dough forms. Scrape down sides of bowl; cover bowl with plastic, then towel.
- ☐ Let dough rise in warm draft-free area until doubled in volume, about 1 1/2 hours.
- ☐ Line large rimmed baking sheet with double layer of paper towels.
- ☐ Pour enough oil into large deep saucepan to reach depth of 2 inches. Attach deep-fry thermometer to side of pan and heat oil to 360°F to 370°F. Working in batches of 5 or 6

doughnuts, dip metal tablespoon into hot oil to coat and, without deflating dough, gently scoop up rounded tablespoonful. Drop dough into oil. Fry until deep golden, turning occasionally, about 5 minutes. Using slotted spoon, transfer doughnuts to prepared sheet and drain. Do ahead Doughnuts can be made 6 hours ahead.

- ☐ Let stand at room temperature. Rewarm on same sheet in 350°F oven about 15 minutes.
- ☐ Whisk honey, 3/4 cup water, and cinnamon in heavy medium saucepan over medium-high heat until syrup comes to boil.
- ☐ Remove pan from heat. Dip warm doughnuts into honey syrup and pile onto platter.
- ☐ Pour remaining syrup into bowl.
- ☐ Serve doughnuts with remaining syrup.

## Nutrition Facts



## Properties

Glycemic Index:5.82, Glycemic Load:7.35, Inflammation Score:-1, Nutrition Score:2.7860869609791%

## Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 1.1g (1.69%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.77g (8.28%), Sugar: 13.19g (14.65%), Cholesterol: 5.81mg (1.94%), Sodium: 40.73mg (1.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Manganese: 0.23mg (11.67%), Vitamin B1: 0.12mg (8.12%), Folate: 28.02µg (7.01%), Selenium: 4.62µg (6.6%), Vitamin B2: 0.08mg (4.96%), Vitamin B3: 0.86mg (4.31%), Iron: 0.75mg (4.17%), Fiber: 0.66g (2.62%), Phosphorus: 24.85mg (2.49%), Copper: 0.05mg (2.28%), Magnesium: 6.51mg (1.63%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.12mg (1.2%), Potassium: 41.78mg (1.19%), Vitamin E: 0.15mg (1.03%)