



Jelly Doughnuts (Sufganiyot)

 Dairy Free

READY IN



182 min.

SERVINGS



27

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 25 oz bread roll dough frozen thawed
- 0.5 cup granulated sugar
- 1.3 teaspoons ground cinnamon
- 27 servings powdered sugar
- 0.5 cup raspberry jam seedless
- 27 servings vegetable oil

Equipment

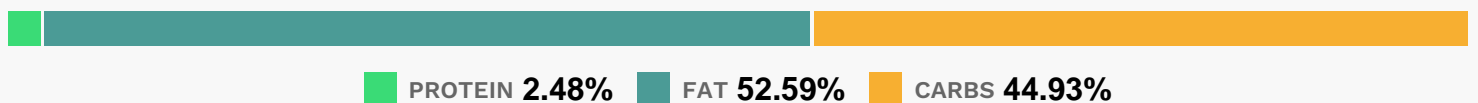
- bowl

- baking sheet
- paper towels
- oven
- knife
- whisk
- wire rack
- dutch oven

Directions

- Place rolls 2 inches apart on 2 lightly greased baking sheets. Cover and let rise in a warm place (85), free from drafts, according to package directions.
- Pour oil to a depth of 2 inches into a Dutch oven; heat to 35
- Fry rolls, in batches, 1 to 1 1/2 minutes on each side or until fully cooked and golden brown.
- Drain on a wire rack over paper towels.
- Whisk together granulated sugar and cinnamon in a medium bowl.
- Add warm doughnuts to sugar mixture, tossing to coat.
- Let cool completely on wire rack (about 15 minutes).
- Make a small slit in side of each doughnut, using a paring knife.
- Place jelly in a zip-top plastic freezer bag (do not seal). Snip 1 corner of bag to make a small hole. Pipe jelly into each doughnut. Dust with powdered sugar.
- *Strawberry jelly may be substituted.
- Note: We tested with Bridgford Easy to
- Bake Parkerhouse Style
- Rolls frozen bread dough.

Nutrition Facts



Properties

Glycemic Index:4.82, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:1.6843477834988%

Nutrients (% of daily need)

Calories: 253.74kcal (12.69%), Fat: 14.79g (22.75%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 27.8g (10.11%), Sugar: 14.58g (16.2%), Cholesterol: 0mg (0%), Sodium: 125.68mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin K: 25.77µg (24.55%), Vitamin E: 1.15mg (7.7%), Fiber: 0.63g (2.52%)