



Lord of the Doughnut Rings

READY IN



45 min.

SERVINGS



30

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 t brown sugar dark for sprinkling (or substitute brown sugar)
- ☐ 0.5 cup buttermilk at room temperature
- ☐ 1 large egg yolk at room temperature
- ☐ 2 large eggs at room temperature
- ☐ 5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup blackstrap molasses

- ☐ 2 teaspoons nutmeg freshly grated
- ☐ 1.5 teaspoons salt
- ☐ 0.5 gallon vegetable oil for frying
- ☐ 0.5 cup shortening cooled melted

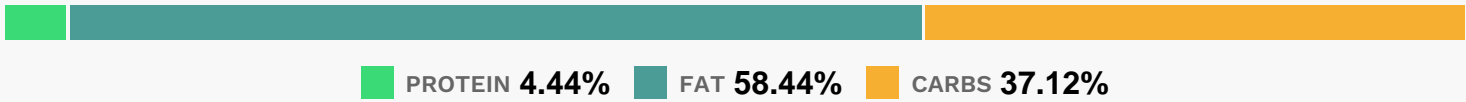
Equipment

- ☐ mixing bowl
- ☐ rolling pin
- ☐ dutch oven
- ☐ pastry cutter

Directions

- ☐ Sift the flour, baking powder, nutmeg and salt together into a large mixing bowl. In another large mixing bowl, combine the buttermilk, eggs, egg yolk, granulated sugar, melted vegetable shortening, molasses, and lemon zest.
- ☐ Pour the oil into a cast-iron Dutch oven or other heavy-bottomed ad deep pot until it reaches a dept of 3 to 4 inches.
- ☐ Heat the oil over medium-high heat to 370°F.
- ☐ Knead the dough on a well-floured surface for 1 minute, then roll it out with a rolling pin to 1/2 inch thickness.
- ☐ Cut out rounds using a 3 1/2 inch pastry cutter, then cut the centers out with a 1 1/2 inch round. Gather the scraps and re-roll as necessary.

Nutrition Facts



Properties

Glycemic Index:12.74, Glycemic Load:16.1, Inflammation Score:-3, Nutrition Score:5.3539130634264%

Nutrients (% of daily need)

Calories: 250.4kcal (12.52%), Fat: 16.38g (25.2%), Saturated Fat: 3g (18.75%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 22.82g (8.3%), Sugar: 7.41g (8.23%), Cholesterol: 18.96mg (6.32%), Sodium: 169.55mg (7.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin K: 24.15µg (23%), Selenium: 9.08µg (12.98%), Vitamin B1: 0.17mg (11.34%), Folate: 40.82µg (10.21%), Manganese: 0.19mg (9.54%), Vitamin E: 1.26mg (8.42%), Vitamin B2: 0.13mg (7.6%), Iron: 1.23mg (6.84%), Vitamin B3: 1.26mg (6.32%), Phosphorus: 44.63mg (4.46%), Calcium: 40.04mg (4%), Magnesium: 12.57mg (3.14%), Copper: 0.05mg (2.47%), Fiber: 0.59g (2.38%), Vitamin B5: 0.22mg (2.2%), Potassium: 74.66mg (2.13%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.23mg (1.53%)