



Malasadas



Vegetarian



Popular

READY IN



45 min.

SERVINGS



84

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.3 cup butter melted
- ☐ 6 eggs
- ☐ 1 cup evaporated milk
- ☐ 6 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 2 quarts vegetable oil for frying
- ☐ 0.3 cup warm water (110 degrees F/45 degrees C)

- ☐ 1 cup water
- ☐ 2 cups sugar white

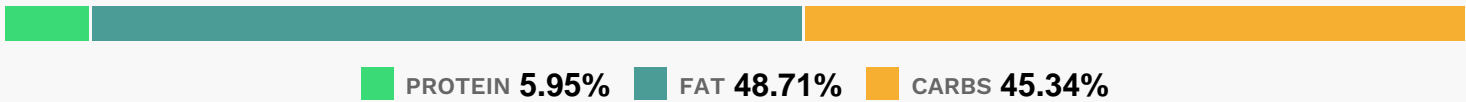
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Dissolve yeast and 1 teaspoon sugar in 1/4 cup warm water; set aside.
- ☐ In small bowl, beat eggs until thick.
- ☐ Put flour in large bowl, making a well in the center. Into the well add yeast, eggs, 1/2 cup sugar, melted butter, milk, 1 cup water, and salt. Beat thoroughly to form a soft, smooth dough. Cover, let dough rise until doubled.
- ☐ Heat oil to 375 degrees F (190 degrees C). Drop dough by big teaspoonfuls into oil, fry until golden brown.
- ☐ Drain on paper towels, shake in a bag of sugar to coat, and serve hot.

Nutrition Facts



Properties

Glycemic Index:2.32, Glycemic Load:8.25, Inflammation Score:-1, Nutrition Score:2.2369565163618%

Nutrients (% of daily need)

Calories: 104.33kcal (5.22%), Fat: 5.69g (8.75%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.65g (4.24%), Sugar: 5.09g (5.66%), Cholesterol: 14.01mg (4.67%), Sodium: 40.12mg (1.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 8.39µg (7.99%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.08mg (5.47%), Folate: 20.05µg (5.01%), Vitamin B2: 0.07mg (4.26%), Manganese: 0.06mg (3.12%), Vitamin B3: 0.57mg (2.85%), Vitamin E: 0.43mg (2.85%), Iron: 0.48mg (2.67%), Phosphorus: 22.66mg (2.27%), Vitamin B5: 0.12mg (1.19%), Calcium: 11.29mg (1.13%), Fiber: 0.26g (1.06%)