



Maple Glazed Bacon Long John

READY IN



200 min.

SERVINGS



12

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 envelopes yeast dry
- 1 pound bacon smoked cooked finely chopped
- 0.1 cup corn syrup dark
- 3 eggs
- 6.7 cups flour all-purpose
- 1.3 teaspoon kosher salt
- 1 teaspoon maple extract
- 0.1 cup maple syrup
- 2 cups milk lukewarm

- 2 cups powdered sugar
- 1 pinch salt
- 0.3 cup shortening for frying
- 0.3 cup water (105 to 115 degrees F)
- 0.7 cup granulated sugar white

Equipment

- bowl
- frying pan
- wire rack
- blender
- hand mixer
- wooden spoon
- stand mixer
- spatula

Directions

- Sprinkle the yeast over the warm water and let stand until foamy, about 5 minutes.
- In a large bowl of a stand mixer or using an electric mixer, mix together the yeast mixture, milk, sugar, shortening, salt, eggs and 2 cups flour.
- Mix for a few minutes at low speed, or stirring with a wooden spoon.
- Beat in remaining flour 1/2 cup at a time, until the dough no longer sticks to the bowl. Knead until smooth and elastic, about 5 minutes
- Place the dough into a greased bowl and cover. Set in a warm place to rise until doubled in size. The dough is ready if you touch it and the indentation remains.
- Turn the dough out onto a floured surface and gently roll out to 1/2-inch thickness.
- Cut with a floured donut cutter.
- Let the donuts sit out to rise again until doubled in size. Cover loosely with a cloth.
- Heat the shortening in a deep-fryer or large heavy skillet to 370 degrees F. Slide the donuts into the hot oil using a wide spatula. Turn the donuts over as they rise to the surface. Fry on

each side until golden brown.

- Remove from the oil and drain on a wire rack.
- While hot, dip the donuts into Maple Glaze, then into bacon pieces and set onto wire racks to drain off excess.
- Mix 2 cups sugar, corn syrup, maple syrup, maple extract and salt into mixer.
- Mix well, 15 to 20 minutes.
- Add additional cup of powdered sugar to get to desired thickness. You may also add additional maple extract for desired taste.

Nutrition Facts



PROTEIN 10.22% **FAT 28.49%** **CARBS 61.29%**

Properties

Glycemic Index:25.8, Glycemic Load:50.12, Inflammation Score:-5, Nutrition Score:16.387826062172%

Nutrients (% of daily need)

Calories: 603.56kcal (30.18%), Fat: 19.05g (29.31%), Saturated Fat: 6.47g (40.41%), Carbohydrates: 92.22g (30.74%), Net Carbohydrates: 89.87g (32.68%), Sugar: 37.6g (41.78%), Cholesterol: 70.75mg (23.58%), Sodium: 535.74mg (23.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.74%), Vitamin B1: 0.87mg (58.13%), Selenium: 35.72µg (51.03%), Folate: 173.2µg (43.3%), Vitamin B2: 0.6mg (35.23%), Vitamin B3: 6.38mg (31.89%), Manganese: 0.57mg (28.53%), Phosphorus: 203.82mg (20.38%), Iron: 3.64mg (20.25%), Vitamin B5: 1.08mg (10.77%), Vitamin B6: 0.2mg (10.06%), Zinc: 1.41mg (9.39%), Fiber: 2.35g (9.38%), Vitamin B12: 0.51µg (8.46%), Calcium: 73.98mg (7.4%), Potassium: 251.82mg (7.19%), Magnesium: 28.02mg (7%), Copper: 0.14mg (6.86%), Vitamin D: 0.82µg (5.46%), Vitamin A: 139.27IU (2.79%), Vitamin E: 0.39mg (2.62%)