



 2%  
HEALTH SCORE

## Maple-Glazed Sour Cream Doughnut Holes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.1 teaspoons yeast dry
- 1 large eggs lightly beaten
- 1.5 cups flour all-purpose divided
- 0.3 cup granulated sugar
- 2 tablespoons maple syrup
- 6 cups vegetable oil; peanut oil preferred
- 1.5 cups powdered sugar
- 0.1 teaspoon salt

- 3 tablespoons cream sour
- 2 tablespoons water
- 6 tablespoons water (100° to 110°)

## Equipment

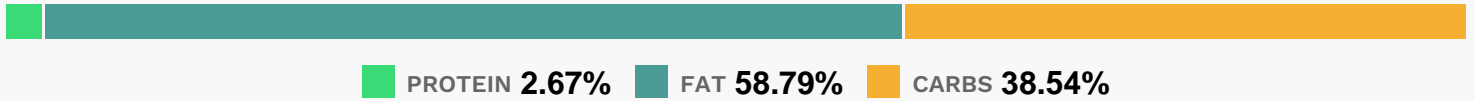
- bowl
- frying pan
- baking sheet
- knife
- wire rack
- plastic wrap
- kitchen thermometer
- measuring cup
- slotted spoon
- dutch oven

## Directions

- Combine first 3 ingredients in a large bowl.
- Let stand 5 minutes or until bubbly. Weigh or lightly spoon 63 ounces (about 1 1/4 cups) flour into dry measuring cups; level with a knife.
- Combine 63 ounces flour and salt.
- Add sour cream and egg to yeast mixture; stir until smooth.
- Add flour mixture; stir until a moist dough forms.
- Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 3 minutes); add enough of remaining 13 ounces flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky).
- Place dough in a clean bowl coated with cooking spray. Cover dough with plastic wrap.
- Let rise in a warm place (85), free from drafts, 1 hour or until almost doubled in size.
- Punch dough down. Divide dough into 36 equal portions; roll each portion into a ball. Cover dough with plastic wrap coated with cooking spray; let stand 30 minutes.

- Clip a candy/fry thermometer onto the side of a Dutch oven; add oil to pan.
- Heat oil to 37
- Combine powdered sugar, syrup, and 2 tablespoons water; stir until smooth.
- Place 9 dough balls in hot oil; fry 2 minutes or until golden and done, turning as necessary. Make sure the oil temperature remains at 37
- Remove doughnut holes from pan; drain. Dip doughnut holes into syrup mixture; remove with a slotted spoon.
- Drain on a cooling rack over a baking sheet. Repeat procedure 4 times with remaining dough balls and syrup mixture.

## Nutrition Facts



## Properties

Glycemic Index:15.13, Glycemic Load:12.35, Inflammation Score:-3, Nutrition Score:4.2591304681061%

## Nutrients (% of daily need)

Calories: 344.06kcal (17.2%), Fat: 22.77g (35.03%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 33.08g (12.03%), Sugar: 20.99g (23.32%), Cholesterol: 17.27mg (5.76%), Sodium: 32.67mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin E: 3.46mg (23.04%), Vitamin B1: 0.16mg (10.61%), Selenium: 6.83µg (9.75%), Folate: 37.56µg (9.39%), Vitamin B2: 0.16mg (9.35%), Manganese: 0.19mg (9.32%), Vitamin B3: 1.05mg (5.24%), Iron: 0.83mg (4.6%), Phosphorus: 29.26mg (2.93%), Fiber: 0.5g (2%), Vitamin B5: 0.18mg (1.82%), Copper: 0.03mg (1.51%), Zinc: 0.22mg (1.5%), Magnesium: 5.2mg (1.3%), Calcium: 11.93mg (1.19%), Potassium: 36.89mg (1.05%)