



## Maple Syrup-Soaked Doughnut Holes

 Vegetarian

READY IN



45 min.

SERVINGS



50

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 package yeast dry
- 2 large eggs room temperature
- 2 cups flour all-purpose plus more for surface
- 1 tablespoon cup heavy whipping cream
- 0.5 teaspoon kosher salt
- 0.3 cup maple sugar white plus more for yeast
- 1.3 cups maple syrup pure
- 3.5 teaspoons butter unsalted melted

50 servings vegetable oil

0.3 milk whole

## Equipment

bowl

baking sheet

sauce pan

hand mixer

kitchen thermometer

cookie cutter

kitchen towels

slotted spoon

## Directions

Heat milk, cream, and 1 tablespoon water in a small saucepan until an instant-read thermometer registers 110°–115°F.

Transfer to a small bowl and stir in a pinch of sugar.

Sprinkle yeast over.

Let stand until foamy, about 10 minutes.

Using an electric mixer, beat remaining 1/3 cup sugar and eggs in a large bowl until pale and foamy, about 3 minutes. Gently stir in yeast mixture and melted butter.

Add 2 cups flour and salt; stir until a very soft dough forms.

Cover bowl with a clean kitchen towel.

Let dough rise in a warm, draft-free area until doubled, about 1 1/2 hours. (Alternatively, cover bowl loosely with plastic wrap and allow dough to rise for 8 hours in the refrigerator.)

Punch down dough and knead several turns in bowl; form into a ball.

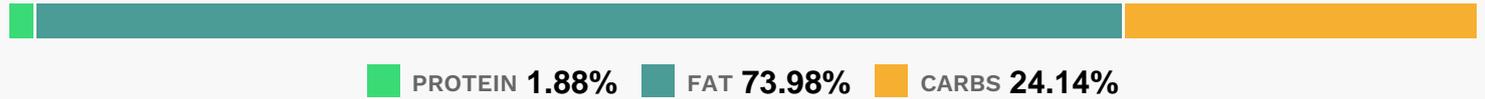
Transfer to a generously floured work surface.

Sprinkle dough with flour and roll out to 1/2" thickness.

Cut out doughnut holes with cookie cutter.

- Transfer to a floured baking sheet. Cover with a kitchen towel and let rest for 20 minutes.
- Pour syrup into a large bowl. Attach deep-fry thermometer to the side of a large pot; pour in oil to a depth of 2" and heat over medium heat until thermometer registers 350°F. Working in batches, fry doughnuts, stirring gently with a slotted spoon to keep doughnuts rotating, until golden brown, about 2 minutes per batch. Using slotted spoon, transfer doughnuts to bowl of maple syrup; let soak, turning as more doughnuts are added, until doughnuts absorb syrup, about 15 minutes.

## Nutrition Facts



### Properties

Glycemic Index: 4.25, Glycemic Load: 5.64, Inflammation Score: -1, Nutrition Score: 3.4208695603454%

### Nutrients (% of daily need)

Calories: 176.13kcal (8.81%), Fat: 14.65g (22.53%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 10.58g (3.85%), Sugar: 6.19g (6.88%), Cholesterol: 8.53mg (2.84%), Sodium: 27.29mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 25.8µg (24.57%), Manganese: 0.29mg (14.5%), Vitamin B2: 0.14mg (8.39%), Vitamin E: 1.18mg (7.87%), Vitamin B1: 0.06mg (4.07%), Selenium: 2.35µg (3.35%), Folate: 13.39µg (3.35%), Vitamin B3: 0.36mg (1.8%), Iron: 0.31mg (1.71%), Zinc: 0.22mg (1.5%), Calcium: 12.41mg (1.24%), Phosphorus: 10.56mg (1.06%)