



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

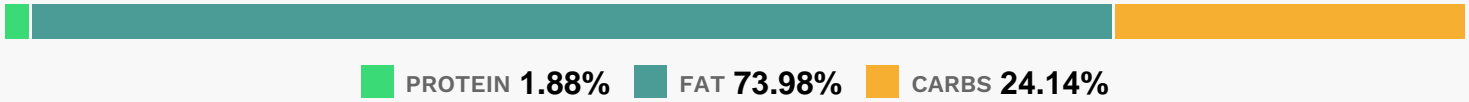
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ cookie cutter
- ☐ kitchen towels
- ☐ slotted spoon

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. Coverwith a kitchen towel and let rest for20 minutes.
- Pour syrup into a large bowl. Attachdeep-fry thermometer to the side of a largepot; pour in oil to a depth of 2" and heat overmedium heat until thermometer registers350°F. Working in batches, fry doughnuts,stirring gently with a slotted spoon to keepdoughnuts rotating, until golden brown,about 2 minutes per batch. Using slottedspoon, transfer doughnuts to bowl of maplesyrup; let soak, turning as more doughnutsare 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: Og (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%)