



Marionberry Jam Doughnuts (Sufganiyot)

READY IN

ready

135 min.

SERVINGS

servings

2

CALORIES

calories

1974 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons active yeast dry
- ☐ 2 teaspoons cinnamon
- ☐ 2 large eggs
- ☐ 2.8 cups flour
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 cup sugar divided
- ☐ 2 tablespoons butter unsalted softened
- ☐ 4 cups vegetable oil for frying

- ☐ 1 cup marionberry
- ☐ 1 cup marionberry

Equipment

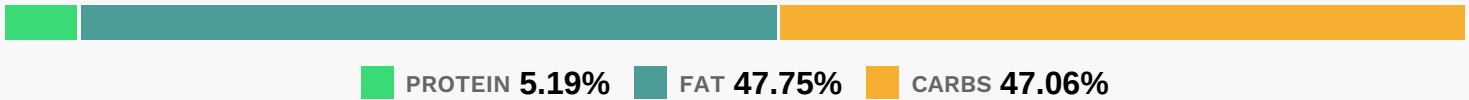
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ slotted spoon
- ☐ pastry bag

Directions

- ☐ Combine yeast, 1/2 cup warm (11
- ☐ water, and 1 tsp. sugar in a small bowl. Set aside until foamy, about 5 minutes.
- ☐ Put 2 3/4 cups flour in bowl of a stand mixer or mixing bowl and make a well in the center.
- ☐ Add eggs, yeast mixture, 1/4 cup sugar, the butter, nutmeg, and salt.
- ☐ Mix with dough hook on medium speed, scraping inside of bowl occasionally, until dough is smooth and stretchy, 8 to 10 minutes. If needed, add about 1/4 cup more flour and mix until dough pulls free from bowl and is no longer sticky. (To mix by hand, stir with a spoon, then knead on a board until smooth and stretchy, 8 to 10 minutes, adding flour to keep dough from sticking.)
- ☐ Rub dough with a bit of oil, turn over in bowl, and cover.
- ☐ Let rise in a warm place until doubled, 1 hour. In a bowl, mix remaining sugar and the cinnamon.
- ☐ Push dough down to release air and shape into a smooth ball.
- ☐ Roll on a lightly floured surface to 1/4 in. thick. Using a 2 3/4-in. round cutter or drinking glass, cut rounds and place on 2 lightly oiled baking sheets; gather scraps and reroll as needed. Cover lightly with plastic wrap and let rise in a warm place until puffy, 20 minutes.

- ☐ Pour 1 in. oil into a 5- to 6-qt. pan, insert a deep-fry thermometer, and warm oil over medium-high heat to 325 to 35
- ☐ Using a slotted spoon, slip 4 rounds into oil, one by one. Fry until deep golden, turning once, 2 to 3 minutes total; adjust heat as needed to keep oil between 275 and 35
- ☐ Lift out doughnuts with slotted spoon, letting drain slightly, and put in bowl of cinnamon sugar. Turn in sugar while warm, using a fork, then set on a platter. Repeat with remaining rounds.
- ☐ Poke each doughnut to center with a teaspoon handle. Fit a pastry bag with a 1/3-in.-wide round tip (or snip a corner off a resealable plastic freezer bag), then fill with jam. Pipe or squeeze about 2 tsp. jam into each doughnut (you may need to squeeze doughnuts to hold them open).
- ☐ Make ahead: Up to 4 hours, wrapped airtight, at room temperature.

Nutrition Facts



Properties

Glycemic Index:110.05, Glycemic Load:164.83, Inflammation Score:-9, Nutrition Score:39.01739147921%

Nutrients (% of daily need)

Calories: 1973.92kcal (98.7%), Fat: 105.83g (162.81%), Saturated Fat: 22.5g (140.62%), Carbohydrates: 234.63g (78.21%), Net Carbohydrates: 227.75g (82.82%), Sugar: 100.64g (111.83%), Cholesterol: 216.1mg (72.03%), Sodium: 2404.78mg (104.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.8%), Vitamin K: 162.65µg (154.9%), Vitamin B1: 1.81mg (120.81%), Folate: 432.55µg (108.14%), Selenium: 74.75µg (106.78%), Manganese: 1.57mg (78.65%), Vitamin B2: 1.26mg (74.26%), Vitamin B3: 11.83mg (59.16%), Vitamin E: 8.13mg (54.22%), Iron: 9.21mg (51.16%), Phosphorus: 315.81mg (31.58%), Fiber: 6.88g (27.53%), Vitamin B5: 2.08mg (20.82%), Copper: 0.32mg (16.19%), Zinc: 2.24mg (14.94%), Vitamin A: 626.27IU (12.53%), Magnesium: 48.43mg (12.11%), Vitamin B6: 0.22mg (11.25%), Potassium: 307.32mg (8.78%), Calcium: 81.74mg (8.17%), Vitamin D: 1.21µg (8.07%), Vitamin B12: 0.47µg (7.86%)