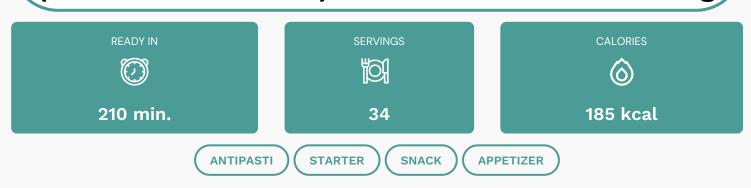


# Mexican Hot Chocolate—Glazed Sufganiyot (Hanukkah Donuts) with Marshmallow Filling



## **Ingredients**

U.3 ounce yeast dry ()
O.3 cup cocoa powder unsweetened sifted
2 ounces cream cheese at room temperature
2 large egg yolk
2.5 cups flour all-purpose plus more for rolling out the dough
0.3 cup granulated sugar
0.8 teaspoon ground cinnamon
1 cup marshmallow creme such as kraft jet-puffed

	1.3 cups powdered sugar sifted
	0.5 teaspoon salt fine
	2 tablespoons butter unsalted at room temperature ()
	1 teaspoon vanilla extract
	2 quarts vegetable oil for frying
	0.5 cup water (105°F to 115°F)
	5 tablespoons milk whole
Εq	uipment
	bowl
	baking sheet
	baking paper
	knife
	whisk
	wire rack
	plastic wrap
	wooden spoon
	kitchen thermometer
	spatula
	slotted spoon
	dutch oven
	tongs
Di	rections
	Place 2 1/2 cups of flour, the cinnamon, and salt in a large bowl and whisk to aerate and combine; set aside. Coat a second large bowl with vegetable oil; set aside.
	Place the yeast and 1 teaspoon of the sugar in a medium bowl.
	Add the water, stir to combine, and let sit until the mixture is foaming, about 5 minutes.
	Add the remaining 1/4 cup sugar, egg yolks, milk, and vanilla and whisk to combine.

Add this mixture to the reserved flour mixture and stir with a wooden spoon until the dough comes together and begins to form a ball.
Transfer the dough to a lightly floured work surface. Scatter the butter pieces over the dough and knead until the butter is fully incorporated and the dough is smooth, shiny, and elastic, about 6 to 8 minutes.
Add up to 1/4 cup of additional flour as needed if the dough is sticky. Form the dough into a ball, place it in the oiled bowl, and turn to coat it in the oil. Cover the bowl with plastic wrap or a damp towel and let the dough rise in a warm place until doubled in size, about 11/2 to 2 hours. Line a baking sheet with parchment paper; set aside. Punch down the dough, transfer it to a lightly floured work surface, and roll it out until it's about 1/4 inch thick. Using a 2-1/2-inch round cutter, stamp out as many dough rounds as possible and place them on the prepared baking sheet about 1/4 inch apart. Gather the dough scraps into a ball and roll out and cut again. Discard any remaining dough scraps. Cover the dough rounds loosely with plastic wrap or a damp towel.
Mix all of the ingredients together in a medium bowl with a rubber spatula until completely smooth and combined.
Place the oil in a Dutch oven or a large, heavy-bottomed pot and set it over medium heat until the temperature reaches 365°F on a candy/fat thermometer. Meanwhile, fit a wire rack over a second baking sheet; set aside. When the oil is ready, add 4 of the dough rounds and fry until golden brown, flipping halfway through, about 2 minutes total. (If air bubbles appear in the donuts, pierce them with the tip of a paring knife.)
Remove the donuts with a slotted spoon to the rack.
Add 4 more dough rounds to the oil. While these dough rounds are frying, use tongs to pick up a donut from the first batch, dip the bottom into the chocolate glaze, and return the donut to the wire rack glaze-side up. Repeat frying and glazing the remaining dough rounds. When the donuts are cool enough to handle, use a paring knife to puncture the side of each to form a pocket in the center.
Place the tip of the piping bag into the pocket and pipe about 1 heaping teaspoon of marshmallow filling inside.
Serve warm or at room temperature.
Nutrition Facts
PROTEIN 3.17% FAT 61.36% CARBS 35.47%

## **Properties**

Glycemic Index:6.33, Glycemic Load:6.17, Inflammation Score:-2, Nutrition Score:3.2552173966947%

### **Flavonoids**

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

#### **Nutrients** (% of daily need)

Calories: 185.06kcal (9.25%), Fat: 12.91g (19.86%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 16.23g (5.9%), Sugar: 8.31g (9.23%), Cholesterol: 14.52mg (4.84%), Sodium: 41.56mg (1.81%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 1.5g (3%), Vitamin K: 20.64µg (19.66%), Vitamin B1: 0.1mg (6.6%), Vitamin E: 0.98mg (6.52%), Folate: 23.54µg (5.88%), Selenium: 4.01µg (5.73%), Manganese: 0.1mg (4.84%), Vitamin B2: 0.07mg (4.06%), Vitamin B3: 0.65mg (3.23%), Iron: 0.56mg (3.1%), Phosphorus: 24.04mg (2.4%), Fiber: 0.56g (2.25%), Copper: 0.04mg (2.03%), Magnesium: 5.85mg (1.46%), Vitamin A: 61.1IU (1.22%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.17mg (1.11%)