



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

READY IN



210 min.

SERVINGS



34

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 ounce yeast dry ()
- 0.3 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

## Equipment

- bowl
- baking sheet
- baking paper
- knife
- whisk
- wire rack
- plastic wrap
- wooden spoon
- kitchen thermometer
- spatula
- slotted spoon
- dutch oven
- tongs

## Directions

- 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 1 1/2 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%)