



## My Mom's Raised Doughnuts

 Popular

READY IN



180 min.

SERVINGS



24

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1 cup confectioners' sugar sifted
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose sifted
- ☐ 0.8 cup milk lukewarm
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 quarts vegetable oil for frying

- ☐ 0.3 cup vegetable shortening
- ☐ 1 tablespoon warm water
- ☐ 0.3 cup sugar white

## Equipment

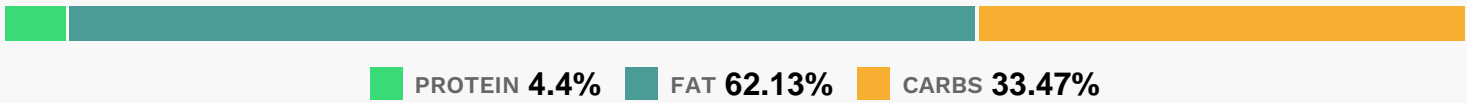
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ stand mixer

## Directions

- ☐ Pour 1/2 cup of warm water into a small bowl, and stir in the yeast and 1 teaspoon of sugar. Allow the yeast mixture to stand until it forms a creamy foam layer on top, 5 to 10 minutes.
- ☐ Place milk and vegetable shortening into a small saucepan over medium-low heat and cook until the shortening has melted and the milk has tiny bubbles around the edge.
- ☐ Remove from heat.
- ☐ Place 1/4 cup of sugar and the salt into the work bowl of a large stand mixer and pour the milk and shortening into the bowl.
- ☐ Mix on low speed just to dissolve sugar; and allow mixture to stand until warm.
- ☐ Beat in the yeast mixture, eggs, and 1 cup of flour on low speed until smooth. Gradually beat in remaining flour to make a soft dough.
- ☐ Continue beating the dough on low speed until dough leaves the sides of the bowl, 2 to 3 minutes.
- ☐ Turn the dough out onto a well-floured work surface and knead until smooth and elastic, 2 or 3 more minutes.
- ☐ Form the dough into a ball and place into a large greased bowl. Grease the top of the dough, and cover the bowl with waxed paper. Set the bowl into a warm place; let the dough rise until doubled in size, 1 to 1 1/2 hours.
- ☐ Punch down the dough and roll out on a floured work surface to 1/2 inch thick.
- ☐ Cut doughnuts out of the dough with a 3 1/2-inch round doughnut cutter with a 1-inch smaller cutter in the center.

- ☐ Let the doughnuts rise on the work surface until very light and fluffy, 40 minutes to 1 hour.
- ☐ Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Gently pick up and drop the doughnuts into the hot oil, working in small batches of 2 or 3 at a time, and cook until the doughnuts are light golden brown, turning once, about 2 minutes.
- ☐ Drain the doughnuts on paper towels to absorb oil.
- ☐ In a bowl, mix 1 tablespoon of warm water and vanilla extract, and stir in the confectioners' sugar to make a glaze.
- ☐ Spread a thin layer of glaze over the warm doughnuts.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:13.09, Inflammation Score:-3, Nutrition Score:5.7460869343384%

## Nutrients (% of daily need)

Calories: 279.88kcal (13.99%), Fat: 19.47g (29.95%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 22.88g (8.32%), Sugar: 7.42g (8.24%), Cholesterol: 14.56mg (4.85%), Sodium: 105.99mg (4.61%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 3.1g (6.21%), Vitamin K: 30.62µg (29.16%), Vitamin B1: 0.23mg (15.65%), Folate: 53.67µg (13.42%), Selenium: 8.42µg (12.03%), Vitamin E: 1.52mg (10.13%), Vitamin B2: 0.16mg (9.13%), Vitamin B3: 1.48mg (7.39%), Manganese: 0.15mg (7.3%), Iron: 1.05mg (5.85%), Phosphorus: 41.23mg (4.12%), Fiber: 0.72g (2.89%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.27mg (1.82%), Copper: 0.04mg (1.8%), Magnesium: 6.28mg (1.57%), Calcium: 14.92mg (1.49%), Vitamin B6: 0.03mg (1.45%), Potassium: 44.71mg (1.28%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.16µg (1.05%)