



Oliebollen (Dutch Doughnuts)

 Vegetarian  Popular

READY IN



128 min.

SERVINGS



12

CALORIES



865 kcal

SIDE DISH

Ingredients

- 0.8 cup currants dried
- 1 eggs
- 2.3 cups flour all-purpose
- 1 apples i use 2 granny smith apples cored peeled finely chopped
- 1 cup milk lukewarm
- 0.8 cup raisins
- 2 teaspoons salt
- 1 quart vegetable oil for deep-frying

0.6 ounce cake compressed yeast fresh

Equipment

bowl

frying pan

paper towels

Directions

Break up the compressed yeast, and stir into the warm milk.

Let stand for a few minutes to dissolve. Sift the flour and salt into a large bowl. Stir the yeast mixture and egg into the flour and mix into a smooth batter. Stir in the currants, raisins and apple. Cover the bowl, and leave the batter in a warm place to rise until double in size. This will take about 1 hour.

Heat the oil in a deep-fryer, or heavy deep pan to 375 degrees F (190 degrees C). Use 2 metal spoons to shape scoops of dough into balls, and drop them carefully into the hot oil.

Fry the balls until golden brown, about 8 minutes. The doughnuts should be soft and not greasy. If the oil is not hot enough, the outside will be tough and the insides greasy.

Drain finished doughnuts on paper towels and dust with confectioners' sugar.

Serve them piled on a dish with more confectioners' sugar dusted over them. Eat them hot if possible.

Nutrition Facts



PROTEIN 2.13% **FAT 81.77%** **CARBS 16.1%**

Properties

Glycemic Index:19.07, Glycemic Load:19.31, Inflammation Score:-4, Nutrition Score:13.357826030773%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 865.32kcal (43.27%), Fat: 80.29g (123.53%), Saturated Fat: 12.6g (78.74%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 33.19g (12.07%), Sugar: 8.24g (9.15%), Cholesterol: 16.08mg (5.36%), Sodium: 408.26mg (17.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin K: 145.81µg (138.86%), Vitamin E: 6.55mg (43.67%), Vitamin B1: 0.38mg (25.33%), Folate: 79.41µg (19.85%), Vitamin B2: 0.25mg (14.74%), Selenium: 9.69µg (13.84%), Manganese: 0.24mg (11.94%), Vitamin B3: 2.24mg (11.19%), Fiber: 2.39g (9.56%), Iron: 1.62mg (9.02%), Phosphorus: 79.51mg (7.95%), Potassium: 235.18mg (6.72%), Copper: 0.1mg (5.07%), Vitamin B6: 0.1mg (5.01%), Vitamin B5: 0.44mg (4.43%), Calcium: 42.61mg (4.26%), Magnesium: 15.53mg (3.88%), Zinc: 0.46mg (3.09%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.3µg (1.98%), Vitamin C: 1.61mg (1.96%), Vitamin A: 67.5IU (1.35%)