



OREO® "Doughnuts"

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tsp calumet baking powder
- 2 eggs
- 1.5 cups flour
- 1 Tbsp granulated sugar
- 0.8 cup milk
- 3 cups oil for frying
- 24 oreo cookies
- 2 Tbsp powdered sugar

0.3 tsp salt

Equipment

bowl

paper towels

sauce pan

whisk

deep fryer

Directions

Mix flour, granulated sugar, baking powder and salt in medium bowl; set aside.

Beat eggs and milk with wire whisk until well blended.

Add to flour mixture; mix well.

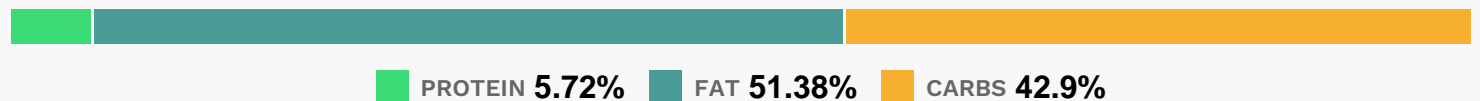
Let stand 10 min. Meanwhile, pour oil into deep fryer or large deep saucepan to 3-inch depth; heat to 375F.

Dip cookies, 1 at a time, into batter, allowing excess to drip back into bowl. Gently add cookies to hot oil. Fry, 3 to 4 at a time, until golden brown on both sides, turning over halfway through the cooking time.

Drain on paper towels; sprinkle with powdered sugar.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:4.66, Inflammation Score:-1, Nutrition Score:3.4717391133308%

Nutrients (% of daily need)

Calories: 142.15kcal (7.11%), Fat: 8.22g (12.65%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 14.9g (5.42%), Sugar: 6.18g (6.87%), Cholesterol: 13.97mg (4.66%), Sodium: 97.1mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Iron: 1.83mg (10.15%), Vitamin E: 1.27mg (8.47%), Vitamin K:

7.04µg (6.71%), Manganese: 0.13mg (6.53%), Selenium: 4.37µg (6.24%), Vitamin B1: 0.09mg (5.81%), Folate: 22.41µg (5.6%), Vitamin B2: 0.09mg (5.35%), Phosphorus: 37.56mg (3.76%), Vitamin B3: 0.75mg (3.76%), Calcium: 26.3mg (2.63%), Copper: 0.05mg (2.6%), Fiber: 0.54g (2.15%), Magnesium: 8.42mg (2.1%), Vitamin B5: 0.15mg (1.49%), Potassium: 50.89mg (1.45%), Zinc: 0.21mg (1.42%), Vitamin B12: 0.07µg (1.18%), Vitamin D: 0.15µg (1.01%)