



## Ponczki

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter melted
- 1 eggs
- 4 egg yolks
- 6 cups flour all-purpose
- 2 cups milk
- 0.5 cup orange zest
- 0.5 cup raisins finely chopped
- 1 teaspoon salt

- 0.5 teaspoon vanilla extract
- 2 quarts vegetable oil for frying
- 0.5 cup warm water
- 0.5 cup sugar white
- 0.6 ounce cake compressed yeast fresh

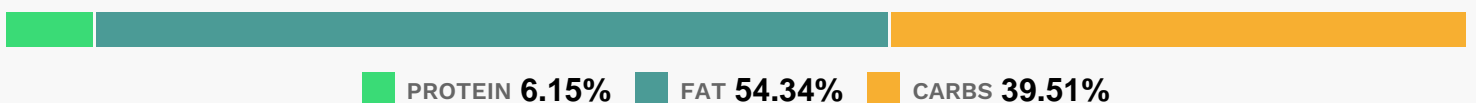
## Equipment

- bowl
- sauce pan

## Directions

- In a large bowl, dissolve yeast in lukewarm, scalded milk.
- Add 2 cups flour. Stir well, and allow to rest 1 hour in a warm place. Warm the milk in a small saucepan until it bubbles, then remove from heat and let cool until lukewarm.
- Soften chopped raisins in warm water for 30 minutes.
- Beat egg, egg yolks, sugar, vanilla, melted butter or margarine, salt, and orange rind.
- Add to yeast sponge. Stir in raisins. Stir in egg mixture. Blend well.
- Add 4 cups flour.
- Mix well, forming smooth ball. Dough will be somewhat soft, but not "batter-like." Cover dough, and allow to rise until fully doubled. Punch down, let rise until double again.
- Roll dough into 1/2 inch balls, set aside to rise until doubled in bulk. In a deep-fryer, heat oil to 375 degrees F (190 degrees C).
- Drop 2 or 3 at a time into hot fat, turn when deep golden brown. If removed too soon, dough will be undone inside. When done drain briefly and dust with confectioners' sugar before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.08, Glycemic Load:10.9, Inflammation Score:-2, Nutrition Score:4.2539130552955%

## Nutrients (% of daily need)

Calories: 162.04kcal (8.1%), Fat: 9.85g (15.16%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 15.4g (5.6%), Sugar: 2.63g (2.92%), Cholesterol: 23.37mg (7.79%), Sodium: 63.03mg (2.74%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Protein: 2.51g (5.02%), Vitamin K: 14.68µg (13.98%), Vitamin B1: 0.17mg (11.55%), Folate: 39.89µg (9.97%), Selenium: 6.68µg (9.55%), Vitamin B2: 0.12mg (7.18%), Manganese: 0.11mg (5.67%), Vitamin B3: 1.1mg (5.52%), Vitamin E: 0.74mg (4.92%), Iron: 0.84mg (4.67%), Phosphorus: 38.69mg (3.87%), Fiber: 0.73g (2.9%), Vitamin B5: 0.22mg (2.2%), Calcium: 19.85mg (1.98%), Vitamin C: 1.44mg (1.75%), Copper: 0.03mg (1.6%), Vitamin B12: 0.09µg (1.58%), Zinc: 0.23mg (1.55%), Vitamin A: 76.8IU (1.54%), Potassium: 53.23mg (1.52%), Vitamin B6: 0.03mg (1.49%), Magnesium: 5.76mg (1.44%), Vitamin D: 0.21µg (1.41%)