






 **56%**
HEALTH SCORE

Raised Gingerbread Doughnuts and Holes

 Vegetarian

READY IN

20 min.

SERVINGS

1

CALORIES

3157 kcal

MORNING MEAL BRUNCH BREAKFAST

Ingredients

- 1.5 teaspoons active yeast dry
- 0.3 cup butter melted
- 1 large eggs lightly beaten
- 4 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.3 cup blackstrap molasses

- 3 tablespoons nonfat milk dry
- 1 serving powdered sugar
- 1 teaspoon salt
- 0.3 cup sugar
- 1 cup warm water (105° to 115°)

Equipment

- bowl
- paper towels
- pot
- slotted spoon

Directions

- Stir together first 3 ingredients in a large bowl; let stand 5 minutes. Stir in butter, molasses, and egg.
- Stir together flour and next 5 ingredients until blended. Stir in yeast mixture; beat until blended. Cover, and let rise at room temperature 1 to 1 1/2 hours or until doubled in volume. Punch dough down.
- Pat or roll dough to 1/2-inch thickness on a floured surface; cut with a 3-inch doughnut cutter or 1 (3-inch) and 1 (1-inch) round cutters, using smaller cutter for the hole.
- Let doughnuts and holes stand and rise at room temperature, uncovered, 45 minutes.
- Pour oil to a depth of 2 inches into a large, heavy pot; heat to 37
- Fry doughnuts and holes, in batches, 1 minute on each side or until golden.
- Remove with a slotted spoon; drain on paper towels.
- Sprinkle with powdered sugar.

Nutrition Facts



PROTEIN 8.74% **FAT 20.57%** **CARBS 70.69%**

Properties

Glycemic Index:244.09, Glycemic Load:359.55, Inflammation Score:-10, Nutrition Score:63.441739372585%

Nutrients (% of daily need)

Calories: 3157.21kcal (157.86%), Fat: 72.05g (110.85%), Saturated Fat: 41.49g (259.32%), Carbohydrates: 557.25g (185.75%), Net Carbohydrates: 540.98g (196.72%), Sugar: 171.67g (190.75%), Cholesterol: 353.18mg (117.73%), Sodium: 3072.12mg (133.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.91g (137.83%), Manganese: 6.49mg (324.34%), Vitamin B1: 4.6mg (306.91%), Selenium: 213.78µg (305.4%), Folate: 1061.72µg (265.43%), Vitamin B2: 3.28mg (193.02%), Iron: 30.25mg (168.03%), Vitamin B3: 32.95mg (164.75%), Magnesium: 425.83mg (106.46%), Phosphorus: 944.67mg (94.47%), Potassium: 2751.64mg (78.62%), Copper: 1.4mg (69.79%), Calcium: 671.11mg (67.11%), Fiber: 16.27g (65.08%), Vitamin B6: 1.23mg (61.44%), Vitamin B5: 5.39mg (53.95%), Vitamin A: 2658.49IU (53.17%), Zinc: 5.99mg (39.9%), Vitamin B12: 1.48µg (24.73%), Vitamin D: 3.47µg (23.17%), Vitamin E: 2.67mg (17.81%), Vitamin K: 8.34µg (7.94%), Vitamin C: 1.63mg (1.98%)