



Spiced Doughnuts with Cardamom, Coffee, and Orange

 Vegetarian

READY IN



540 min.

SERVINGS



18

CALORIES



1120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4.5 teaspoons yeast dry divided
- ☐ 4 tablespoons butter melted
- ☐ 2 quarts canola oil
- ☐ 0.5 teaspoon cardamom
- ☐ 6 large egg yolk
- ☐ 4 cups flour all-purpose divided
- ☐ 1 teaspoon coffee instant

- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon orange extract
- ☐ 1 orange zest
- ☐ 0.5 tablespoon salt
- ☐ 1 cup sugar
- ☐ 1 cup water

Equipment

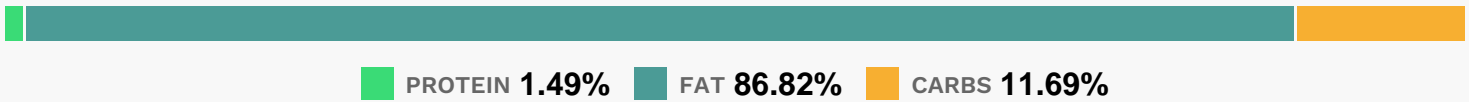
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ mixing bowl
- ☐ blender
- ☐ wok
- ☐ dutch oven

Directions

- ☐ One day before you plan on serving your doughnuts mix 2 1/4 teaspoons yeast with warm water. When yeast begins to bubble, add 2 cups flour, yeast mixture, cardamom, orange extract, and coffee powder to the bowl of a large standing mixer fitted with the dough hook attachment. mix on low until thoroughly incorporated, about 5 minutes. Cover and refrigerate overnight.
- ☐ The next day, mix remaining 2 1/4 teaspoons of yeast with warm milk.
- ☐ Place remaining 2 cups flour, salt and sugar in large mixing bowl. When yeast begins to bubble, add yeast mixture, egg yolks and melted butter to dry ingredients, mixing until incorporated.
- ☐ Let mixture rest for 1 hour at room temperature.
- ☐ Combine the two doughs in a standing mixer, using the dough hook attachment, until completely incorporated, about 5–10 minutes at low speed.
- ☐ Combine the zest and sugar in a food processor and process until the zest tinges the sugar a pale orange color.

- ☐
- Preheat 2 quarts oil to 325 degrees in Dutch oven or wok.
- ☐
- Roll dough to 3/4-inch thickness and cut into rounds or Os approximately 2 inches. Cover doughnuts with a damp towel and allow to rest for at least 30 minutes in the refrigerator. Uncover and let rise in a warm place. Fry until golden, flipping once, about 6 minutes.
- ☐
- Drain on paper towels.
- ☐
- Sprinkle the orange sugar over the warm doughnuts and serve.

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:23.15, Inflammation Score:-5, Nutrition Score:13.394782480986%

Nutrients (% of daily need)

Calories: 1119.55kcal (55.98%), Fat: 109.66g (168.7%), Saturated Fat: 9.99g (62.46%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 32.15g (11.69%), Sugar: 11.36g (12.62%), Cholesterol: 68.3mg (22.77%), Sodium: 219.57mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Vitamin E: 18.64mg (124.26%), Vitamin K: 75.33µg (71.74%), Vitamin B1: 0.32mg (21.1%), Folate: 77.6µg (19.4%), Selenium: 12.83µg (18.33%), Vitamin B2: 0.21mg (12.17%), Manganese: 0.21mg (10.63%), Vitamin B3: 1.98mg (9.91%), Iron: 1.48mg (8.24%), Phosphorus: 61.63mg (6.16%), Fiber: 1.05g (4.18%), Vitamin B5: 0.42mg (4.15%), Vitamin A: 167.75IU (3.36%), Zinc: 0.41mg (2.75%), Copper: 0.05mg (2.59%), Vitamin B6: 0.05mg (2.36%), Vitamin D: 0.34µg (2.29%), Vitamin B12: 0.13µg (2.24%), Magnesium: 7.88mg (1.97%), Calcium: 18.61mg (1.86%), Potassium: 53.42mg (1.53%), Vitamin C: 0.92mg (1.12%)