



Sufganiot

 Vegetarian

READY IN



110 min.

SERVINGS



24

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 2 tablespoons butter softened
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.5 cup curd cottage cheese drained
- ☐ 1 eggs
- ☐ 2 egg yolks
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground nutmeg

- ☐ 0.8 cup warm milk 110 degrees F/45 degrees C
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 4 cups vegetable oil for frying
- ☐ 2 tablespoons sugar white

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot

Directions

- ☐ Dissolve the yeast and 2 tablespoons white sugar in the warm milk.
- ☐ Sift flour into a large bowl. Make a well in the center and add the yeast mixture, egg yolks, salt, nutmeg, butter, and remaining sugar. Stir flour into center. Once combined turn dough out onto a lightly floured surface knead until dough is elastic. Cover and let dough rise overnight in the refrigerator.
- ☐ Remove dough from the refrigerator and roll on a lightly floured surface to 1/8 to 1/4 inch thick.
- ☐ Cut into 2-inch rounds. Cover and let rise for about 15 to 20 minutes.
- ☐ In a medium bowl combine the cottage cheese, egg, 3 tablespoons white sugar, and vanilla. Beat until well combined.
- ☐ Form dough rounds into a ball and insert about 2 teaspoons of cheese filling into each of the rounds.
- ☐ In a heavy pot, pour in oil to about the 2 1/2 inch mark.
- ☐ Heat to 375 degrees F (190 degrees C). Drop sufganiot (doughnuts) into the oil in batches, turning when browned.
- ☐ Drain on paper towels and roll in confectioners' sugar.

Nutrition Facts



 **PROTEIN 7.09%**  **FAT 55.61%**  **CARBS 37.3%**

Properties

Glycemic Index:13.75, Glycemic Load:8.08, Inflammation Score:-2, Nutrition Score:3.7478261253108%

Nutrients (% of daily need)

Calories: 151.86kcal (7.59%), Fat: 9.4g (14.47%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 13.74g (5%), Sugar: 4.02g (4.47%), Cholesterol: 27.19mg (9.06%), Sodium: 52.24mg (2.27%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 2.7g (5.39%), Vitamin K: 13.52µg (12.88%), Vitamin B1: 0.15mg (9.8%), Selenium: 6.45µg (9.21%), Folate: 35.09µg (8.77%), Vitamin B2: 0.11mg (6.62%), Manganese: 0.09mg (4.73%), Vitamin E: 0.69mg (4.63%), Vitamin B3: 0.92mg (4.58%), Phosphorus: 40.73mg (4.07%), Iron: 0.69mg (3.86%), Vitamin B5: 0.23mg (2.28%), Calcium: 18.52mg (1.85%), Fiber: 0.46g (1.82%), Vitamin B12: 0.11µg (1.8%), Vitamin A: 79.25IU (1.58%), Zinc: 0.23mg (1.51%), Vitamin D: 0.21µg (1.37%), Vitamin B6: 0.03mg (1.29%), Copper: 0.03mg (1.26%), Magnesium: 4.8mg (1.2%), Potassium: 38.07mg (1.09%)