



Sufganiyot (Donuts)

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



1235 kcal

SIDE DISH

Ingredients

- ☐ 2 eggs
- ☐ 1 pinch salt
- ☐ 4 cups self-rising flour
- ☐ 2 tablespoons tsp vanilla sugar
- ☐ 3 quarts vegetable oil for frying
- ☐ 2 tablespoons sugar white
- ☐ 16 ounce yogurt

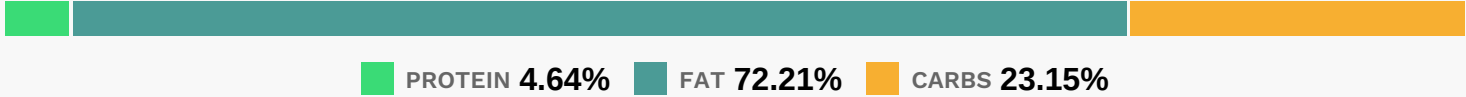
Equipment

- ☐ paper towels
- ☐ mixing bowl
- ☐ pot
- ☐ slotted spoon
- ☐ deep fryer

Directions

- ☐ Combine flour, eggs, yogurt, sugar, salt and vanilla sugar in a large mixing bowl.
- ☐ Mix well. Set the dough aside for 30 minutes.
- ☐ Form the dough into balls with a 2-inch diameter.
- ☐ Heat the vegetable oil to 365 degrees F (190 degrees C) in a large pot or deep fryer over high heat. It is best to use a basket or slotted spoon for deep frying the sufganiyot, as the oil will be extremely hot. Deep fry the dough in the oil.
- ☐ Let the sufganiyot cool and drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:37.7, Glycemic Load:45.41, Inflammation Score:-7, Nutrition Score:16.495652083469%

Nutrients (% of daily need)

Calories: 1235.3kcal (61.76%), Fat: 99.9g (153.69%), Saturated Fat: 16.68g (104.25%), Carbohydrates: 72.04g (24.01%), Net Carbohydrates: 70.04g (25.47%), Sugar: 11.82g (13.13%), Cholesterol: 64.39mg (21.46%), Sodium: 63.81mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.91%), Vitamin K: 174.48µg (166.17%), Selenium: 39.3µg (56.14%), Vitamin E: 8.27mg (55.16%), Manganese: 0.67mg (33.37%), Phosphorus: 181.69mg (18.17%), Vitamin B2: 0.23mg (13.29%), Calcium: 112.27mg (11.23%), Folate: 39.69µg (9.92%), Zinc: 1.34mg (8.96%), Vitamin B5: 0.88mg (8.84%), Copper: 0.17mg (8.48%), Fiber: 2g (8%), Magnesium: 31.67mg (7.92%), Vitamin B12: 0.41µg (6.84%), Potassium: 220.91mg (6.31%), Vitamin B1: 0.09mg (6.3%), Iron: 1.07mg (5.93%), Vitamin B3: 0.9mg (4.51%), Vitamin B6: 0.08mg (4%), Vitamin A: 155.71IU (3.11%), Vitamin D: 0.37µg (2.46%)