

Sufganiyot (Jelly Doughnuts) Are the Sweetest Way to Celebrate Hanukkah

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



190 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons yeast dry
- 0.5 cup water (100 degrees to 110 degrees)
- 0.3 cup sugar plus more for rolling
- 2.5 cups flour for dusting all-purpose plus more
- 2 large eggs
- 2 tablespoons butter unsalted room temperature
- 0.5 teaspoon nutmeg freshly grated

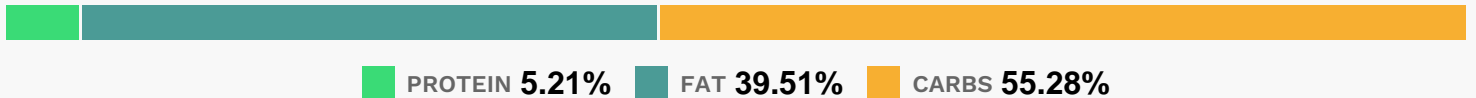
- 2 teaspoons salt
- 3 cups vegetable oil plus more for bowl
- 1 cup raspberry jam seedless

Equipment

Directions

- Jelly Donuts
- Glazed Yeast Donuts
- Cider Donuts
- Glazed Apple Fritters
- Cinnamon-Honey Doughnuts With Raspberry Jam

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:16.72, Inflammation Score:-2, Nutrition Score:4.0739129963128%

Nutrients (% of daily need)

Calories: 190.32kcal (9.52%), Fat: 8.37g (12.88%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 25.63g (9.32%), Sugar: 10.82g (12.02%), Cholesterol: 21.61mg (7.2%), Sodium: 246.09mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin K: 12.19µg (11.61%), Vitamin B1: 0.17mg (11.44%), Folate: 42.25µg (10.56%), Selenium: 7.23µg (10.33%), Vitamin B2: 0.13mg (7.64%), Manganese: 0.12mg (5.91%), Vitamin B3: 1.09mg (5.47%), Iron: 0.91mg (5.06%), Vitamin E: 0.65mg (4.33%), Phosphorus: 33mg (3.3%), Fiber: 0.73g (2.91%), Copper: 0.05mg (2.34%), Vitamin B5: 0.2mg (2.04%), Vitamin C: 1.5mg (1.82%), Zinc: 0.22mg (1.46%), Magnesium: 5.12mg (1.28%), Vitamin B6: 0.02mg (1.24%), Vitamin A: 62.04IU (1.24%), Potassium: 41.14mg (1.18%)