



Sufganiyot with Dulce de Leche Whipped Cream Filling and Chocolate Drizzle

READY IN



165 min.

SERVINGS



30

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup water (105°F to 115°F)
- 2 packages yeast dry
- 0.3 cup granulated sugar
- 4.5 cups flour all-purpose
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup milk (105°F to 115°F)
- 0.3 cup vegetable oil

- 2 eggs
- 1 serving vegetable oil for frying
- 2 cups cup heavy whipping cream
- 0.3 cup powdered sugar
- 1 teaspoon vanilla
- 13.4 oz condensed milk sweetened canned (caramelized condensed milk)
- 0.5 cup milk chocolate chips
- 3 teaspoons shortening

Equipment

- bowl
- baking sheet
- paper towels
- plastic wrap
- hand mixer
- wooden spoon
- cookie cutter
- ziploc bags
- microwave
- kitchen towels
- dutch oven

Directions

- Make Sufganiyot. In large bowl, stir warm water, yeast and a pinch of the granulated sugar until yeast dissolves; let stand a few minutes until yeast bubbles. (If yeast doesn't bubble, throw out mixture and start over.) Stir in remaining granulated sugar, 2 1/2 cups of the flour, the salt, cinnamon, warm milk, oil and eggs until well mixed. Gradually stir in more flour until dough is firm and smooth.
- Lightly grease large bowl with oil or cooking spray; place dough in bowl, turning to grease all sides. Cover bowl loosely with plastic wrap and let rise in warm place about 1 hour or until

dough has doubled in size.

- Gently punch down dough; divide in half.
- Roll out each half to 1/4-inch thickness. Using 2 1/2-inch round cookie cutter or drinking glass, cut out 30 circles, pressing together and rerolling dough scraps as necessary.
- Place circles on greased cookie sheet to rest, covering circles with a kitchen towel while oil for frying is heating up, 15 to 30 minutes.
- In Dutch oven, heat 3 to 4 inches oil to 375°F. Fry sufganiyot, 4 or 5 at a time, in hot oil about 2 to 3 minutes on each side or until browned and cooked through to the center.
- Drain on a plate covered with paper towels. Cool at least 10 minutes before filling.
- Meanwhile, make Dulce de Leche Whipped Cream. In chilled large bowl, beat whipping cream with electric mixer on high speed until starting to thicken. Gradually add powdered sugar, then vanilla, beating until thick. Beat in dulce de leche, 1 tablespoon at a time, until completely incorporated, then until stiff peaks form. Refrigerate until ready to use.
- On sheet of waxed paper, arrange cooled sufganiyot in single layer. Using the end of a wooden spoon, poke a hole through the side of each to within 1/2 inch of opposite edge (be careful not to break through completely). In decorating bag fitted with round tip (1/4- to 3/4-inch wide), place whipped cream mixture; pipe 1 to 2 tablespoons into each sufganiyot.
- In small resealable food-storage plastic bag, place chocolate chips and shortening; reseal bag. Microwave on High, stopping to squeeze bag every 30 seconds, until chips are melted and smooth.
- Cut very small opening in bottom corner of bag; pipe melted chocolate mixture over sufganiyot.
- Let stand until set, about 15 minutes.
- Serve immediately.

Nutrition Facts



PROTEIN 7.34% **FAT 44.88%** **CARBS 47.78%**

Properties

Glycemic Index:8.3, Glycemic Load:16.25, Inflammation Score:-3, Nutrition Score:5.4686956250149%

Nutrients (% of daily need)

Calories: 228.02kcal (11.4%), Fat: 11.46g (17.63%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 26.78g (9.74%), Sugar: 12.73g (14.15%), Cholesterol: 34.12mg (11.37%), Sodium: 106.03mg (4.61%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Protein: 4.22g (8.43%), Vitamin B1: 0.22mg (14.6%), Selenium: 9.82µg (14.03%), Vitamin B2: 0.22mg (12.89%), Folate: 48.64µg (12.16%), Phosphorus: 78.54mg (7.85%), Manganese: 0.14mg (7.18%), Vitamin B3: 1.34mg (6.72%), Calcium: 64.06mg (6.41%), Vitamin A: 296.26IU (5.93%), Iron: 0.98mg (5.45%), Vitamin K: 5.58µg (5.32%), Vitamin B5: 0.36mg (3.59%), Potassium: 111.96mg (3.2%), Vitamin E: 0.45mg (3%), Vitamin D: 0.43µg (2.85%), Fiber: 0.67g (2.67%), Zinc: 0.4mg (2.66%), Magnesium: 10.21mg (2.55%), Vitamin B12: 0.15µg (2.52%), Vitamin B6: 0.04mg (1.87%), Copper: 0.04mg (1.81%)