



Sugar and Spice Doughnuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 large eggs at room temperature
- 1 tablespoon ground cinnamon
- 0.5 teaspoon lemon zest finely grated
- 0.5 teaspoon salt fine
- 0.5 cup seltzer water
- 1.5 cups sugar
- 3 tablespoons butter unsalted cooled melted

- 12 servings vegetable oil for frying

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- kitchen thermometer
- dutch oven
- cutting board

Directions

- Whisk together the flour, baking powder, salt, 1 cup of the sugar and 1/2 teaspoon of the apple pie spice in a medium bowl until well mixed. Stir the remaining 1/2 cup sugar and 1 tablespoon apple pie spice together in a shallow dish. Set aside.
- Whisk together the eggs, melted shortening, lemon zest and 1/2 cup seltzer water in a large bowl until smooth. Stir in the flour mixture.
- Add the remaining seltzer water, a teaspoon at a time, just until the dough comes together in a soft and shaggy ball.
- Turn the dough out onto a generously-floured cutting board (it will be a bit sticky).
- Sprinkle the top with flour and pat out until it is about 3/8-inch thick.
- Cut out as many circles as possible using a 3-inch round cookie or biscuit cutter, then cut out doughnut holes from the center of each with a 1-inch round cutter. Reserve the doughnuts and holes. Gather the scraps together and pat them out again to 3/8-inch thickness. Continue to cut doughnuts and doughnut holes, reworking the scraps, until all the dough is used.
- Heat 2 inches of vegetable oil in a heavy-bottomed pot or Dutch oven over medium-high heat until a deep frying thermometer inserted in the oil reaches 375 degrees F. Working in batches, fry the doughnuts and holes until golden brown, 2 to 3 minutes, turning occasionally.
- Transfer to a paper towel-lined baking sheet to drain and cool slightly. While still warm, roll in the spiced sugar until well coated.

Nutrition Facts

PROTEIN 2.56% FAT 36.99% CARBS 60.45%

Properties

Glycemic Index:13.51, Glycemic Load:17.62, Inflammation Score:-1, Nutrition Score:1.767391314973%

Nutrients (% of daily need)

Calories: 163.31kcal (8.17%), Fat: 6.94g (10.67%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 25.42g (9.24%), Sugar: 25.02g (27.8%), Cholesterol: 31mg (10.33%), Sodium: 182.11mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin K: 7.02µg (6.68%), Calcium: 48.2mg (4.82%), Manganese: 0.08mg (4.15%), Selenium: 2.76µg (3.94%), Vitamin E: 0.52mg (3.48%), Phosphorus: 31.71mg (3.17%), Vitamin B2: 0.04mg (2.56%), Iron: 0.34mg (1.86%), Vitamin B5: 0.15mg (1.5%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%), Folate: 4.05µg (1.01%)