



## Sunday Morning Doughnuts

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups flour
- 2 tablespoons double-acting baking powder
- 0.5 teaspoon nutmeg
- 0.5 teaspoon cinnamon
- 0.5 teaspoon ginger
- 0.3 teaspoon sea salt
- 1 large eggs
- 1 tablespoon butter

0.5 cup milk

1 cup honey

## Equipment

bowl

paper towels

## Directions

Combine all ingredients in a large bowl and mix well (clean hands work great for the job).

Turn onto a floured board and knead for a few minutes.

Let rest

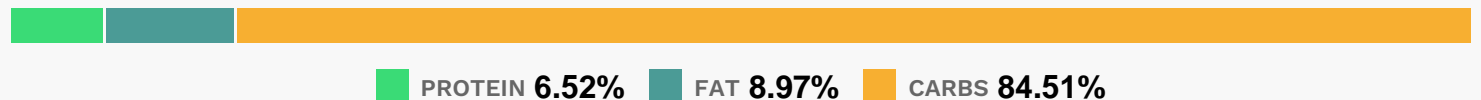
Roll out to about 1/2" thick and cut out with a doughnut cutter.

Heat about 4" oil (vegetable oil works fine, we use lard) to 360F

Fry 3 or 4 doughnuts at a time, turning when one side is browned – fry until both sides are nicely browned.

Drain on paper towels or on a paper bag. Makes about one dozen doughnuts.

## Nutrition Facts



## Properties

Glycemic Index:33.11, Glycemic Load:24.35, Inflammation Score:-2, Nutrition Score:4.7013043478261%

## Nutrients (% of daily need)

Calories: 183.91kcal (9.2%), Fat: 1.9g (2.93%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 39.67g (14.43%), Sugar: 23.78g (26.42%), Cholesterol: 19.23mg (6.41%), Sodium: 279.31mg (12.14%), Protein: 3.11g (6.23%), Calcium: 138.49mg (13.85%), Selenium: 8.78µg (12.54%), Vitamin B1: 0.17mg (11.42%), Folate: 40.76µg (10.19%), Manganese: 0.18mg (9.19%), Vitamin B2: 0.15mg (8.66%), Phosphorus: 86.51mg (8.65%), Iron: 1.39mg (7.72%), Vitamin B3: 1.28mg (6.41%), Fiber: 0.69g (2.74%), Copper: 0.04mg (2.24%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.31mg (2.06%), Magnesium: 7.67mg (1.92%), Potassium: 59.67mg (1.7%), Vitamin B12: 0.09µg (1.57%), Vitamin B6: 0.03mg (1.48%), Vitamin A: 68.46IU (1.37%), Vitamin D: 0.2µg (1.3%)