



## Sunny Morning Doughnuts

 Vegetarian

READY IN



35 min.

SERVINGS



20

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 teaspoons double-acting baking powder
- 0.3 cup canola oil
- 20 servings powdered sugar
- 3 eggs lightly beaten
- 4.5 cups flour all-purpose
- 1 cup milk 2%
- 20 servings cooking oil for deep-fat frying
- 2 tablespoons orange juice

- 4 teaspoons orange zest grated
- 1 teaspoon salt
- 1.3 cups sugar

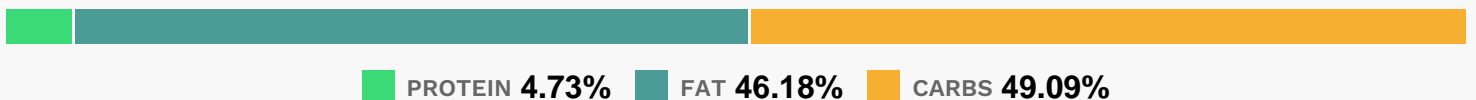
## Equipment

- bowl
- frying pan
- paper towels
- aluminum foil

## Directions

- In a large bowl, combine 4-1/2 cups flour, sugar, baking powder and salt.
- Combine the eggs, milk, oil, orange juice and peel; stir into dry ingredients just until moistened. Stir in enough remaining flour to form a soft dough. Cover and refrigerate for at least 1 hour.
- Turn onto a floured surface; roll to 1/2-in. thickness.
- Cut with a floured 2-1/2-in. doughnut cutter.
- In an electric skillet or deep-fat fryer, heat oil to 375°. Fry doughnuts, a few at a time, until golden brown on both sides.
- Drain on paper towels. Dust warm doughnuts with confectioners' sugar.
- To freeze, wrap doughnuts in foil; transfer to a resealable plastic freezer bag. May be frozen for up to 3 months.
- Remove foil. Thaw at room temperature. Warm if desired. Dust warm doughnuts with confectioners' sugar.

## Nutrition Facts



## Properties

Glycemic Index:14.45, Glycemic Load:24.55, Inflammation Score:-2, Nutrition Score:6.6265217480452%

## Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 347.05kcal (17.35%), Fat: 17.98g (27.66%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 42.2g (15.35%), Sugar: 21.14g (23.49%), Cholesterol: 25.5mg (8.5%), Sodium: 216.87mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin E: 3.03mg (20.21%), Selenium: 11.99µg (17.12%), Vitamin B1: 0.23mg (15.34%), Folate: 55.79µg (13.95%), Vitamin K: 12.11µg (11.53%), Vitamin B2: 0.2mg (11.51%), Manganese: 0.2mg (9.84%), Iron: 1.53mg (8.5%), Vitamin B3: 1.69mg (8.43%), Phosphorus: 72.2mg (7.22%), Calcium: 70.19mg (7.02%), Fiber: 0.81g (3.23%), Vitamin B5: 0.27mg (2.72%), Copper: 0.05mg (2.43%), Zinc: 0.34mg (2.29%), Magnesium: 8.77mg (2.19%), Vitamin B12: 0.12µg (2.02%), Potassium: 60.56mg (1.73%), Vitamin C: 1.42mg (1.72%), Vitamin B6: 0.03mg (1.47%), Vitamin A: 52.76IU (1.06%)