



Turkish Doughnuts with Rose Hip Syrup

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 3 large eggs warmed
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon cardamom pods green
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup rose hips dried

- ☐ 0.3 cup rosewater
- ☐ 1 tablespoons sugar
- ☐ 1 stick butter unsalted cut into pieces
- ☐ 10 cups vegetable oil for frying
- ☐ 1 cup water

Equipment

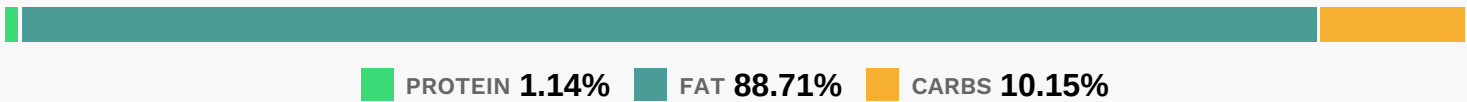
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Bring water, sugar, rose hips, and cardamom pods to a simmer in a small heavy saucepan over medium-low heat, stirring until sugar has dissolved, then gently simmer, uncovered, until rose hips are softened, about 30 minutes.
- ☐ Remove from heat and stir in rose water and lemon juice.
- ☐ Whisk together flour, kosher salt, and spices in a small bowl.
- ☐ Bring water to a boil with butter and sugar in a 3-quart heavy saucepan, stirring until butter has melted.
- ☐ Add flour mixture all at once and cook over medium heat, stirring vigorously with a wooden spoon, until mixture pulls away from side of pan, about 1 minute, then cook, stirring constantly, 1 minute more. Cool 5 minutes.

- ☐ Add eggs 1 at a time, beating well with a wooden spoon after each addition. (Dough will appear to separate at first but will become smooth.)
- ☐ Heat 2 inches oil to 350°F in a wide 5-quart heavy pot over medium-high heat.
- ☐ Divide dough into 12 portions. With wet hands, form each portion into a 2-inch ball (dough will be sticky). Slightly flatten one ball in a wet palm, then make a 1-inch hole in center with fingers and add to hot oil. Quickly repeat with 5 more balls and fry, turning occasionally, until golden-brown and just cooked through (cut one open to test), about 8 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain. Return oil to 350°F and repeat with remaining dough.
- ☐ Reheat syrup (if necessary), then dip each doughnut in syrup, turning to coat, and transfer to a platter.
- ☐ Drizzle doughnuts with some of remaining syrup and serve warm.
- ☐ •Syrup can be made 1 day ahead and chilled. Reheat before using. •Doughnuts can be fried 3 hours ahead and kept at room temperature. Reheat on a baking sheet in a 350°F oven 10 to 15 minutes, then dip in hot syrup.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:6.45, Inflammation Score:-6, Nutrition Score:7.8778260959231%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 440.47kcal (22.02%), Fat: 44.12g (67.87%), Saturated Fat: 10.4g (64.98%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 9.69g (3.53%), Sugar: 1.23g (1.37%), Cholesterol: 20.25mg (6.75%), Sodium: 148.12mg (6.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin K: 68.89µg (65.61%), Vitamin C: 23.56mg (28.56%), Vitamin E: 3.51mg (23.4%), Manganese: 0.2mg (10.17%), Vitamin A: 465.52IU (9.31%), Fiber: 1.66g (6.62%), Vitamin B1: 0.08mg (5.61%), Selenium: 3.64µg (5.19%), Folate: 20.01µg (5%), Vitamin B2: 0.06mg (3.79%), Vitamin B3: 0.69mg (3.47%), Iron: 0.59mg (3.28%), Magnesium: 7.13mg (1.78%), Phosphorus: 17.41mg (1.74%), Calcium: 15.13mg (1.51%), Copper: 0.03mg (1.41%), Potassium: 41.71mg (1.19%), Vitamin B5: 0.1mg (1.02%)