

SUGAR COATED DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
203 cal	31 g	3 g	7 g	24 mg	197 mg	78 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 SUGAR,GRANULATED

**Weight**

5-1/2 lbs  
 3-7/8 oz  
 1-5/8 oz  
 5/8 oz  
 1/4 oz  
 7-1/4 oz  
 1-1/2 lbs  
 1-1/4 lbs  
 2 lbs  
 1/2 oz  
 1 lbs

**Measure**

1 gal 1 qts  
 1/2 cup  
 1/2 cup 2-2/3 tbsp  
 1 tbsp  
 1 tbsp  
 1 cup  
 3-3/8 cup  
 2-1/4 cup  
 3-3/4 cup  
 1 tbsp  
 2-1/4 cup

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8 inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper. While doughnuts are warm, roll in granulated sugar or in sifted powdered sugar.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.