

# Low Fat Doughnuts

**YIELD: 7-10 DOUGHNUTS**



*Photo of actual product after making.*

## Ingredients

### DRY

- 335g** Gluten free flour blend\*
- 95.5 g** Sugar
- 5.25 g** Salt
- 5 g** Baking soda
- 2.65 g** Xanthan gum
- 1.75 g** Baking powder
- 1 g** Nutmeg (ground)
- 1 g** Cinnamon (ground)

\*Brown rice flour, white rice flour, tapioca flour, potato starch

### WET

- Canola oil – For frying
- 100 g** Low fat buttermilk
- 86 g** Water
- 50 g** Whole eggs (liquid)
- 40 g** Simple Cellulose
- 28 g** Melted, unsalted butter

## Instructions

Beat eggs, buttermilk, and butter together.

Combine **DRY** ingredients in a [Hobart Mixer] bowl. Mix 1:00 on low speed or until well combined.

Slowly fold **WET** into **DRY** ingredients, mixing 2:00 on speed 2. Let dough rest for 15:00.

Roll dough out to ½" thickness, using white rice flour if necessary to aid stickiness.

Fry dough in canola oil at 370°F for 2:00 on each side.

Drain on rack.

## Nutrition Facts

Serving size (32g)

Amount Per Serving

**Calories 130**

% Daily Value\*

**Total Fat 8g 10%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 10mg 3%**

**Sodium 135mg 6%**

**Total Carbohydrate 13g 5%**

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 3g Added Sugars 6%

**Protein 1g 2%**

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0mg 0%

Potassium 16mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



A Plantrose Product.