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Glazed Twist Donut ♦

The Glazed Twist Donut is a classic pastry that is loved by many. It has a twisted shape and is covered in a sweet glaze. This donut is perfect for breakfast or as a snack with a cup of coffee. It is a delicious treat that is sure to satisfy your sweet tooth.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

250 g	All-Purpose Flour
50 g	Sugar
7 g	Yeast
5 g	Salt
1 pieces	Egg

125 ml	Milk
50 g	Butter
1 tsp	Vanilla Extract
500 ml	Vegetable Oil
100 g	Powdered Sugar

Directions

Step 1

Mixing

In a mixing bowl, combine the flour, sugar, yeast, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the egg, milk, melted butter, and vanilla extract to the dry ingredients. Mix until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Kneading

Knead the dough on a lightly floured surface for about 5 minutes, until smooth and elastic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Resting

Place the dough in a greased bowl, cover with a clean kitchen towel, and let it rise in a warm place for about 1 hour, or until doubled in size.

Prep Time: 60 mins

Cook Time: 0 mins

Step 5

Cutting

Punch down the dough and divide it into 10 equal portions. Roll each portion into a rope and twist it into a donut shape.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Frying

Heat vegetable oil in a deep fryer or large pot to 350°F (175°C). Carefully place the donuts in the hot oil and fry until golden brown, about 2-3 minutes per side.

Prep Time: 5 mins

Cook Time: 10 mins

Step 7

Draining

Remove the donuts from the oil and drain on a paper towel-lined plate.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Sprinkling

Dust the donuts with powdered sugar while they are still warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	35 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	2 mg	0.06%	0.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Desserts

Difficulty Level

Medium

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