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Cinnamon Sugared French Donut ♦♦

The Cinnamon Sugared French Donut is a classic dessert that originated in France. It is a sweet and fluffy donut coated with a cinnamon sugar mixture. This donut is best enjoyed with a cup of coffee or tea. The recipe has been passed down through generations and is loved by people of all ages.

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
10 g	Baking Powder
2 g	Salt
200 ml	Milk

1 quantity	Egg
50 g	Butter
10 g	Cinnamon
500 ml	Vegetable Oil

Directions

Step 1

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the milk, egg, and melted butter to the dry ingredients. Mix until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a deep fryer or large pot to 350°F (175°C).

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

Drop spoonfuls of the dough into the hot oil and fry until golden brown, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 6 mins

Step 5

Remove the donuts from the oil and drain on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

In a separate bowl, mix together cinnamon and sugar.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Coating

While the donuts are still warm, roll them in the cinnamon sugar mixture until coated.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

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
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Events

Christmas Easter Thanksgiving New Year

Cuisines

Italian

Course

Appetizers Desserts Breads Snacks

Cultural

Chinese New Year Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diet

Flexitarian Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Meal Type

Breakfast

Brunch

Dinner

Snack

Supper

Difficulty Level

Medium

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