

Filhos – Malasadas – Portuguese Fried Dough

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/p-town-portuguese-fried-dough-recipe>

Ingredients:

- 9 cups flour all-purpose
- 1 cup sugar
- 1 1/2 teaspoons salt
- 6 eggs
- 1 stick butter or margarine, 8 tbsp
- 1 teaspoon lemon zest
- 2 cups milk
- 1/4 cup fresh orange juice
- oil to fry, corn oil or vegetable oil works best
- confectioners' sugar for dusting
- cinnamon for dusting, optional
- 3 tablespoons flour
- 1/2 teaspoon sugar
- 2 packages dry yeast or 1 small cube yeast, 0.6 oz, 17g
- 1/2 cup warm water

Nutrition:

1. Calories: 1710 calories
2. Carbohydrate: 285 grams
3. Cholesterol: 390 milligrams
4. Fat: 42 grams
5. Fiber: 11 grams
6. Protein: 46 grams
7. SaturatedFat: 19 grams
8. Sodium: 1250 milligrams
9. Sugar: 62 grams

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