

# Sonhos | Portuguese Doughnuts

Yield: 20 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-baked-caramel-custard-recipe>

## Ingredients:

- 1 tablespoon butter 1/2 oz
- 1 teaspoon granulated sugar
- 1 pinch salt
- 3/4 cup water
- 1 cup all purpose flour
- 4 large eggs
- 1 tablespoon ground cinnamon
- 1/2 cup granulated sugar
- canola oil for deep-frying
- caramel optional
- honey optional
- jam optional
- jam optional

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 45 milligrams
4. Fat: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 45 milligrams
8. Sugar: 9 grams

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