

# Tswana African Magwinya (South African Doughnuts)

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-doughnuts-recipe>

## Ingredients:

- 4 cups all-purpose flour or cake flour without raising agent
- 4 tablespoons sugar
- 2 teaspoons instant yeast
- 1/2 teaspoon salt optional
- 2 1/8 cups warm water
- 1 tablespoon vegetable oil plus more for deep frying

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 72 grams
3. Fat: 3 grams
4. Fiber: 3 grams
5. Protein: 8 grams
6. Sodium: 200 milligrams
7. Sugar: 8 grams

---

Thank you for visiting our website. Hope you enjoy Tswana African Magwinya (South African Doughnuts) above. You can see more 15 south african doughnuts recipe You won't believe the taste! to get more great cooking ideas.