

= Old @-@ fashioned doughnut =

The old @-@ fashioned doughnut is a variety of cake doughnut prepared in the shape of a ring with tapered edges around it . Primary ingredients include flour , sugar , eggs , sour cream or buttermilk and leavener . It is typically deep fried , may have a crunchier or crisper texture compared to other styles of cake doughnuts , and have cracks and pores on its surface . After being fried , it may be glazed , dusted with sugar , or served plain . Commercially prepared old @-@ fashioned doughnuts may be prepared using a batter mix that is made with the addition of water . Such mixes are used by some doughnut shops . Some variations are prepared using unique ingredients , and some are produced as doughnut holes .

= = Preparation = =

Primary ingredients in an old @-@ fashioned doughnut include flour , sugar , eggs , sour cream or buttermilk , and leavening agents such as baking powder or baking soda . Additional ingredients may include milk , butter , vanilla extract and salt . The use of buttermilk or sour cream may impart a rich flavor to the doughnut . It is typically deep @-@ fried , and may be deep fried at a lower temperature compared to other doughnut styles , having a crunchier texture compared to other cake doughnut styles . Frying at a lower temperature contributes to its rough , cracked texture . Being turned several times while cooking in the oil also contributes to its texture . It may be prepared with toppings such as sugar , chocolate or maple glazes , dusted with granulated sugar or cinnamon @-@ sugar , or served plain without any topping . The shape of the doughnut can lend to the retention of a greater amount of glaze or other toppings compared to other doughnut styles . The old @-@ fashioned doughnut may have a similar texture to that of a buttermilk doughnut , and may be crisp in texture , with cracks and pores on its surface .

= = Commercial preparation = =

Commercially prepared old @-@ fashioned doughnut mixes are manufactured in the United States , which may be prepared by simply adding cold water to the mix . Prepared mixes are used by some doughnut shops . Doughnut shops may prepare old @-@ fashioned doughnuts by loading the batter into the hopper of a doughnut maker , which upon turning a hand crank , drops a formed doughnut into a deep fryer . Doughnut makers are also used for other doughnut varieties , such as cake doughnuts , yeast doughnuts , cream filled , and jelly filled doughnuts .

= = Nutrition information = =

One glazed old @-@ fashioned doughnut contains approximately 420 calories , 21 grams of fat , 10 grams of saturated fat , 260 milligrams of sodium , 57 grams of carbohydrate , 34 grams of sugar , 4 grams of protein and less than one gram of dietary fiber .

= = Variations = =

Starbucks purveys an old @-@ fashioned doughnut that is prepared using batter infused with chocolate . The U.S. company Trader Joe 's purveys a product named " Old @-@ Fashioned Doughnut O 's " , which are miniature @-@ sized old @-@ fashioned doughnuts . The restaurant Nopa in San Francisco has prepared a dessert using doughnut holes along with Asian pears , crème anglaise , pear butter and cardamomo liqueur . The doughnuts are prepared using a sour cream base . Do @-@ Rite Donuts in New York has created limited @-@ edition custom doughnuts in collaboration with various celebrities , which included an old @-@ fashioned doughnut with maple glaze garnished with candied Fresno chili peppers . Top Pot Doughnuts in Seattle prepares both vanilla and chocolate based old- fashioned doughnuts . Each flavor can be dipped in glaze , raspberry glaze , chocolate icing , maple icing , or sugared pumpkin (in season) . Glazed and

Infused in Chicago , Illinois serves customers the traditional glazed old @-@ fashioned as well as a unique twist on the doughnut they like to call the lemon poppy seed old @-@ fashioned doughnut . The doughnut is covered with lemon flavored glaze , and topped with poppy seeds and lemon zest .

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