



Apple Cinnamon Doughnut Minis

READY IN



25 min.

SERVINGS



32

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup peach pie filling (from 21-oz can)
- ☐ 12.4 oz cinnamon bun dough with icing canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 32 servings cooking oil for deep frying
- ☐ 0.3 cup sugar

Equipment

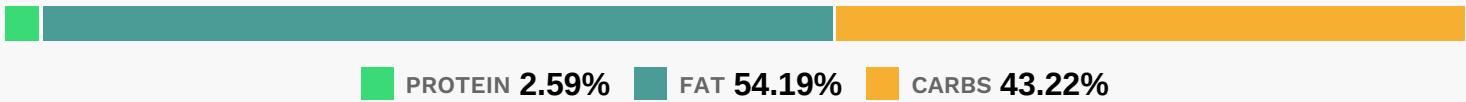
- ☐ food processor
- ☐ bowl

- ☐ paper towels
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ In deep fryer or 3-quart heavy saucepan, heat oil to 375F. In small bowl, mix sugar and cinnamon; set aside.
- ☐ In food processor, place apple pie filling. Cover; process, using quick on-and-off motions, 10 to 20 seconds or until pureed.
- ☐ Set icing from cinnamon rolls aside. Separate dough into 8 rolls; cut each roll into quarters. Fry in hot oil 1 to 2 minutes or until golden brown on all sides.
- ☐ Drain on paper towels. Immediately roll in cinnamon-sugar.
- ☐ Place apple mixture in decorating bag fitted with small round tip #1
- ☐ Insert tip into side of each doughnut; pipe small amount of apple mixture into doughnut.
- ☐ In small microwavable bowl, heat reserved icing on High 10 to 20 seconds until thin enough to drizzle.
- ☐ Drizzle icing over doughnuts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:4.33, Inflammation Score:-1, Nutrition Score:0.31782608220111%

Nutrients (% of daily need)

Calories: 72.75kcal (3.64%), Fat: 4.48g (6.89%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.99g (2.9%), Sugar: 4.46g (4.95%), Cholesterol: 0mg (0%), Sodium: 80.56mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin E: 0.49mg (3.28%), Vitamin K: 2.02µg (1.93%), Iron: 0.19mg (1.03%)