



## Baked Pumpkin Doughnuts with Cinnamon Sugar

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**12**

CALORIES



**51 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups complete seasoning
- 1 teaspoon pumpkin pie spice
- 0.3 cup milk
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 tablespoon maple syrup
- 1 teaspoon vanilla
- 0.3 cup sugar

- 1 teaspoon ground cinnamon
- 2 tablespoons butter melted

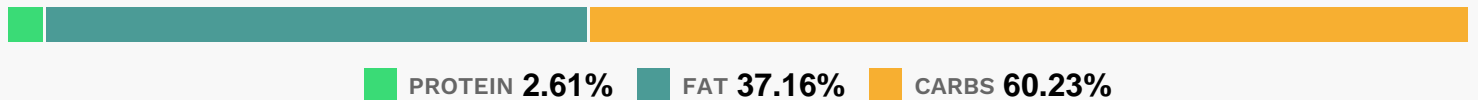
## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- Heat oven to 425°F. Spray mini doughnut pan with cooking spray.
- In medium bowl, stir together Bisquick mix, pumpkin pie spice, milk, pumpkin, syrup, and vanilla with spoon until blended. Spoon batter into pan, using about 1 tablespoon for each doughnut.
- Bake 6 to 8 minutes or until toothpick inserted near center comes out clean.
- Remove doughnuts from pan to cooling rack; cool 5 minutes.
- Meanwhile, in small bowl, mix sugar and cinnamon.
- Dip tops of doughnuts in melted butter, then dip in cinnamon-sugar.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:16.63, Glycemic Load:3.44, Inflammation Score:-4, Nutrition Score:1.6195652497851%

## Nutrients (% of daily need)

Calories: 51.08kcal (2.55%), Fat: 2.16g (3.32%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.13g (2.59%), Sugar: 5.54g (6.16%), Cholesterol: 5.83mg (1.94%), Sodium: 3582.32mg (155.75%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 0.34g (0.68%), Vitamin A: 692.57IU (13.85%), Manganese:

0.13mg (6.26%), Fiber: 0.74g (2.94%), Vitamin B2: 0.04mg (2.45%), Calcium: 16.37mg (1.64%), Vitamin B5: 0.11mg (1.14%), Phosphorus: 11.1mg (1.11%)