



Baked Pumpkin Doughnuts with Cinnamon Sugar

READY IN



25 min.

SERVINGS



12

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter melted
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 teaspoon ground cinnamon
- 1 tablespoon maple syrup
- 0.3 cup milk
- 2 cups pancake mix
- 1 teaspoon pumpkin pie spice
- 0.3 cup sugar

1 teaspoon vanilla

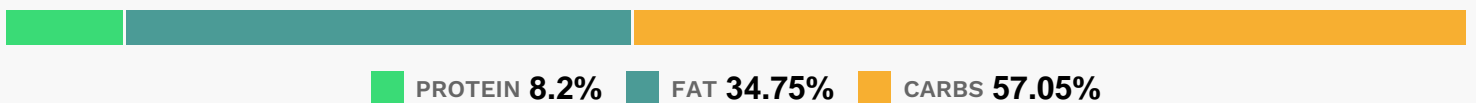
Equipment

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

Directions

- Heat oven to 425F. 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:-5, Nutrition Score:3.2743478378524%

Nutrients (% of daily need)

Calories: 98.31kcal (4.92%), Fat: 3.82g (5.88%), Saturated Fat: 1.78g (11.16%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 12.98g (4.72%), Sugar: 5.54g (6.16%), Cholesterol: 21.21mg (7.07%), Sodium: 142.92mg (6.21%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Protein: 2.03g (4.06%), Vitamin A: 746.73IU (14.93%), Phosphorus: 78.92mg (7.89%), Manganese: 0.16mg (7.77%), Vitamin B2: 0.11mg (6.41%), Calcium: 62.96mg (6.3%), Fiber: 1.15g (4.59%), Selenium: 2.4µg (3.43%), Vitamin B1: 0.05mg (3.34%), Folate: 10.55µg (2.64%), Iron: 0.41mg (2.29%),

Vitamin B5: 0.22mg (2.23%), Potassium: 70.34mg (2.01%), Vitamin B6: 0.04mg (1.99%), Vitamin B12: 0.11µg (1.9%), Magnesium: 7.54mg (1.89%), Vitamin B3: 0.31mg (1.56%), Zinc: 0.23mg (1.55%)