



Canned Biscuit Dough Donuts and Holes

READY IN

ready

32 min.

SERVINGS

servings

20

CALORIES

calories

340 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cans biscuits
- ☐ 20 servings mint
- ☐ 0.3 cup cocoa powder
- ☐ 20 servings colored sprinkles
- ☐ 2 cups confectioners' sugar divided
- ☐ 1 teaspoon ground cinnamon
- ☐ 5 tablespoons milk divided
- ☐ 20 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla extract

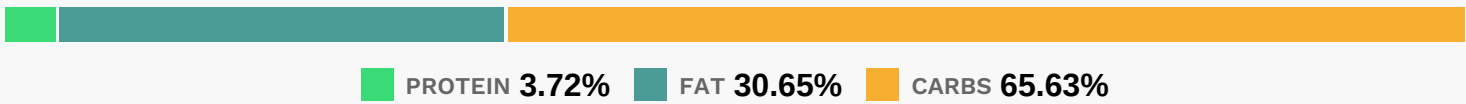
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Heat 2 inches peanut oil in a large pot or Dutch oven to 350 degrees F.
- ☐ In a shallow bowl, stir together the ground cinnamon and sugar and set aside. In a small bowl, whisk together 1 cup of confectioners' sugar, 2 tablespoons of milk and 1 teaspoon of vanilla extract, set aside. This is the vanilla icing. In another bowl, whisk together 1 cup of confectioners' sugar, 1/4 cup of cocoa powder and 3 tablespoons of milk and set aside. This is the chocolate icing.
- ☐ Lay out the biscuits on a cutting board and with a 1 1/2-inch round cookie or biscuit cutter, cut out a hole from the middle of each biscuit. Fry them in the oil until golden and then flip with tongs to fry the other side. You can even fry the donut holes.
- ☐ Drain on paper towels and then toss in the cinnamon-sugar or ice and decorate with sprinkles, as desired.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:15.99, Inflammation Score:-2, Nutrition Score:5.534347852935%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 339.81kcal (16.99%), Fat: 11.74g (18.06%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 56.58g (18.86%), Net Carbohydrates: 55.53g (20.19%), Sugar: 34.27g (38.07%), Cholesterol: 0.91mg (0.3%), Sodium: 437.15mg (19.01%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 3.2g (6.4%), Phosphorus: 210.41mg (21.04%), Vitamin B1: 0.2mg (13.35%), Selenium: 9µg (12.86%), Manganese: 0.24mg (12.05%), Iron: 1.69mg (9.4%), Vitamin B2: 0.15mg (8.57%), Folate: 32.69µg (8.17%), Vitamin B3: 1.58mg (7.89%), Vitamin E: 1.05mg (7.03%), Fiber: 1.05g (4.21%), Copper: 0.08mg (4.03%), Potassium: 126.47mg (3.61%), Magnesium: 13.75mg (3.44%), Calcium: 29.8mg (2.98%), Zinc: 0.31mg (2.09%), Vitamin K: 1.98µg (1.89%), Vitamin B5: 0.16mg (1.56%), Vitamin B12: 0.08µg (1.42%), Vitamin B6: 0.03mg (1.27%)