



## Cereal Crunch Doughnuts

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



44 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon butter melted
- 3 teaspoons milk
- 0.5 cup powdered sugar
- 1 tablespoon cocoa powder unsweetened

### Equipment

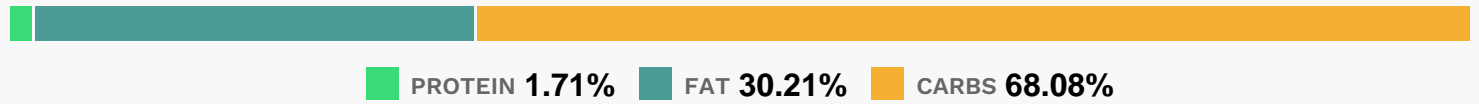
- bowl
- paper towels
- sauce pan

deep fryer

## Directions

- In small bowl, stir chocolate glaze ingredients until smooth, adding enough milk for desired glaze consistency. Cover; set aside. In another small bowl, stir vanilla glaze ingredients until smooth, adding enough milk for desired glaze consistency. Cover; set aside.
- In deep fryer or heavy saucepan, heat 2 to 3 inches oil to 375F.
- Separate dough into 8 biscuits; cut hole in center of each. Fry biscuits and holes in hot oil 50 to 60 seconds on each side or until golden brown.
- Drain on paper towels.
- Dip top of each doughnut and holes into desired glaze. Top with cereal.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.4039130465168%

## Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 44.27kcal (2.21%), Fat: 1.56g (2.41%), Saturated Fat: 0.98g (6.16%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 7.7g (2.8%), Sugar: 7.44g (8.26%), Cholesterol: 3.99mg (1.33%), Sodium: 12.25mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Manganese: 0.02mg (1.22%), Copper: 0.02mg (1.21%)