



## Cocoa Crunch Doughnuts

READY IN



40 min.

SERVINGS



8

CALORIES



369 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 16.3 oz grands flaky refrigerator biscuits refrigerated canned
- 1 cup kellogg's® cocoa cereal
- 2 teaspoons milk
- 8 servings cooking oil for deep frying
- 0.5 cup powdered sugar

### Equipment

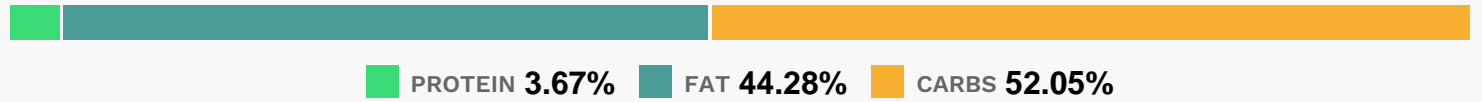
- bowl
- paper towels

- sauce pan
- deep fryer

## Directions

- In small bowl, stir glaze ingredients until smooth, adding enough milk for desired glaze consistency. Cover; set aside.
- Heat oil (2 to 3 inches) in deep fryer or heavy saucepan to 375F.
- Separate dough into 8 biscuits; cut hole in center of each. Fry biscuits and holes in hot oil 1 to 2 minutes on each side or until golden brown.
- Drain on paper towels.
- Dip top of each doughnut and hole into glaze. Top with cereal.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:12.75, Glycemic Load:23.13, Inflammation Score:-3, Nutrition Score:6.9039130988328%

## Nutrients (% of daily need)

Calories: 368.81kcal (18.44%), Fat: 18.21g (28.01%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 47.15g (17.15%), Sugar: 21.55g (23.94%), Cholesterol: 0.15mg (0.05%), Sodium: 229.91mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin B1: 0.27mg (17.84%), Folate: 63.44µg (15.86%), Vitamin B2: 0.26mg (15.09%), Iron: 2.48mg (13.76%), Vitamin B3: 2.73mg (13.64%), Manganese: 0.26mg (13.21%), Vitamin E: 1.93mg (12.88%), Vitamin K: 8.45µg (8.05%), Vitamin B6: 0.13mg (6.25%), Zinc: 0.91mg (6.1%), Selenium: 3.94µg (5.63%), Phosphorus: 49.38mg (4.94%), Vitamin B12: 0.26µg (4.31%), Fiber: 1.01g (4.03%), Copper: 0.06mg (2.96%), Magnesium: 10.89mg (2.72%), Vitamin A: 135.04IU (2.7%), Calcium: 25.77mg (2.58%), Vitamin B5: 0.2mg (1.97%), Potassium: 65.1mg (1.86%), Vitamin C: 1mg (1.21%), Vitamin D: 0.18µg (1.2%)