



Doughnut Bites with Bacon Sugar

READY IN



30 min.

SERVINGS



100

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 100 servings warm chocolate glaze Optional
- ☐ 1 teaspoons hot-brewed coffee brewed folgers classic roast®
- ☐ 4 bacon crisp fully cooked
- ☐ 1 large egg yolk
- ☐ 0.7 cup potato flakes instant mashed hungry jack®
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 cup original syrup hungry jack®
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar

- ☐ 100 servings bacon sugar coating
- ☐ 1 ounce baking chocolate unsweetened coarsely chopped
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil for frying pure crisco®
- ☐ 0.7 cup water

Equipment

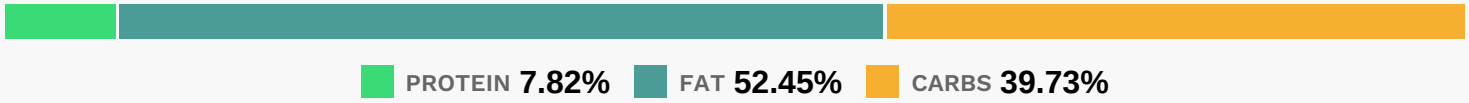
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ microwave
- ☐ pastry cutter

Directions

- ☐ COMBINE water and instant potato flakes in large bowl. Stir until moistened.
- ☐ Add egg yolk, 1 tablespoon oil, sugar and vanilla; mix well. Gradually stir in 1 1/2 cups pancake mix.
- ☐ SPRINKLE work surface with remaining 1 tablespoon pancake mix. Turn dough out onto work surface. Knead dough until well blended, about 1 minute. Shape into a 4-inch disk. Wrap in plastic wrap and chill 1 hour or overnight.
- ☐ For Bacon Sugar Coating: MINCE cooked bacon in food processor until very fine.
- ☐ Add sugar; pulse 2 to 3 seconds just until blended.
- ☐ For Optional Chocolate Glaze: PLACE syrup and chocolate in small microwave-safe bowl. Microwave on HIGH 30 to 45 seconds. Stir until mixture is smooth. Stir in powdered sugar. Gradually blend in coffee until desired consistency.
- ☐ POUR oil into large heavy saucepan to 1-inch depth.
- ☐ Heat oil to 350F.

- ☐ ROLL out dough to a 1/2-inch thickness on floured surface.
- ☐ Cut out small rounds using a 1 1/2-inch round pastry cutter or cut into 1 1/2-inch squares using a sharp knife. Working in batches, fry dough 30 to 60 seconds or until puffed and golden brown on all sides.
- ☐ Drain on paper towels.
- ☐ Roll in Bacon Sugar Coating or dip one side in Chocolate Glaze and then in Bacon Sugar Coating.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:1.6978260771088%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg

Nutrients (% of daily need)

Calories: 156.92kcal (7.85%), Fat: 9.15g (14.08%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 15.52g (5.64%), Sugar: 14.3g (15.88%), Cholesterol: 16.82mg (5.61%), Sodium: 153.19mg (6.66%), Alcohol: Og (100%), Alcohol %: 0.01% (100%), Protein: 3.07g (6.14%), Selenium: 4.92µg (7.02%), Vitamin B3: 0.95mg (4.77%), Vitamin B1: 0.07mg (4.54%), Phosphorus: 37.29mg (3.73%), Vitamin B6: 0.06mg (3.24%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.12µg (2.07%), Potassium: 56.66mg (1.62%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.15mg (1.47%), Magnesium: 4.26mg (1.06%), Copper: 0.02mg (1.04%)