



Doughnut Holes 5 Ways

READY IN



25 min.

SERVINGS



38

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 serving cooking oil for deep frying
- 2 tablespoons granulated sugar
- 0.3 teaspoon nutmeg
- 0.3 cup milk
- 1 teaspoon vanilla
- 1 large eggs beaten
- 2 boxes butterscotch pudding mix dry instant (4-serving size) ()
- 5 crème-filled chocolate sandwich cookies mixed with 1/2 cup powdered sugar crushed
- 0.5 cup granulated sugar

- 2.8 teaspoons cocoa powder unsweetened
- 0.5 teaspoon ground cinnamon
- 2 boxes pistachio pudding mix dry instant (4-serving size) ()
- 2 boxes strawberry gelatin dry (4-serving size) ()
- 2 cups frangelico
- 1 tablespoon frangelico green red

Equipment

- bowl
- paper towels
- sauce pan
- knife
- measuring cup
- deep fryer

Directions

- In deep fryer or 2-quart heavy saucepan, heat 2 to 3 inches oil to 375°F.
- Place one of the Coating Flavors into a brown paper lunch bag (about 10 3/4 x 5 inches) or medium bowl.
- Lightly spoon Bisquick mix into measuring cup; level off with straight edge of knife.
- Add to medium bowl along with remaining Doughnut Hole ingredients; mix just until dough forms. Work with half of the dough at a time; cover and refrigerate remaining half of dough. Shape dough into 1-inch balls.
- Sprinkle fingers and hands with Bisquick mix if they get sticky. Carefully drop balls, 5 or 6 at a time, into hot oil. Fry 1 to 2 minutes or until golden brown all around; drain on paper towels. Immediately gently shake 2 or 3 doughnut holes at a time in bag, or roll in coating in bowl. Repeat with refrigerated dough.

Nutrition Facts

 **PROTEIN 4.43%**  **FAT 8.74%**  **CARBS 86.83%**

Properties

Glycemic Index:6.66, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:0.51086956262589%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 60.38kcal (3.02%), Fat: 0.6g (0.92%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 13.24g (4.81%), Sugar: 11.91g (13.23%), Cholesterol: 5.09mg (1.7%), Sodium: 62.36mg (2.71%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 0.68g (1.36%), Iron: 0.24mg (1.32%), Phosphorus: 13.06mg (1.31%), Selenium: 0.89µg (1.28%), Manganese: 0.02mg (1.01%)