



Doughnut Holes 5 Ways

READY IN



25 min.

SERVINGS



38

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 boxes butterscotch pudding mix instant (4-serving size)
- ☐ 5 crème-filled chocolate sandwich cookies mixed with 1/2 cup powdered sugar crushed
- ☐ 1 eggs beaten
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 boxes pistachio pudding mix instant (4-serving size)
- ☐ 0.3 cup milk
- ☐ 38 servings cooking oil for deep frying

- ☐ 2 boxes strawberry gelatin (4-serving size)
- ☐ 2.8 teaspoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 2 cups baking mix original bisquick®
- ☐ 1 tablespoon frangelico green red
- ☐ 1 tablespoon frangelico green red

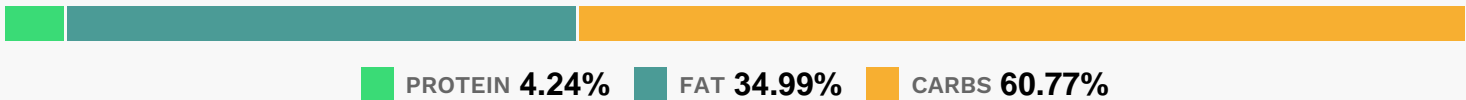
Equipment

- ☐ 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 coatings (ideas below) 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



Properties

Glycemic Index:4.82, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:1.5234782548378%

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: 108.86kcal (5.44%), Fat: 4.28g (6.58%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 16.48g (5.99%), Sugar: 12.01g (13.35%), Cholesterol: 4.63mg (1.54%), Sodium: 142.72mg (6.21%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.17g (2.33%), Phosphorus: 49.69mg (4.97%), Vitamin E: 0.55mg (3.67%), Vitamin B1: 0.04mg (2.74%), Vitamin K: 2.86µg (2.72%), Vitamin B2: 0.04mg (2.48%), Folate: 9.57µg (2.39%), Iron: 0.41mg (2.28%), Manganese: 0.04mg (2.08%), Selenium: 1.31µg (1.88%), Vitamin B3: 0.33mg (1.67%), Calcium: 15.07mg (1.51%), Copper: 0.03mg (1.27%), Fiber: 0.25g (1.01%)