



# Frosted Pumpkin Doughnuts

 Vegetarian

READY IN



50 min.

SERVINGS



36

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons butter softened
- 1 cup pumpkin puree canned
- 3 cups powdered sugar
- 2 eggs
- 1 tablespoon evaporated milk
- 4.5 cups flour all-purpose

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1 tablespoon juice of lemon
- 36 servings cooking oil for deep-fat frying
- 2 tablespoons orange juice
- 1 teaspoon orange zest grated
- 0.5 teaspoon salt
- 1 cup sugar

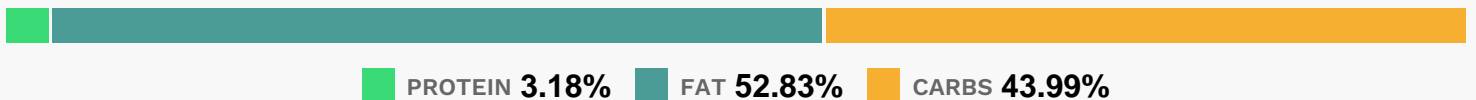
## Equipment

- bowl
- frying pan
- paper towels

## Directions

- In a large bowl, beat eggs, sugar and butter until smooth. Beat in pumpkin and lemon juice.
- Combine flour, baking powder, baking soda, salt, cinnamon and nutmeg; gradually add to pumpkin mixture alternately with milk. Cover and refrigerate for 2 hours.
- Turn onto a lightly floured surface; knead 5-6 times.
- Roll to 3/8-in. thickness.
- Cut with a lightly floured 2-1/2-in. doughnut cutter.
- In an electric skillet or deep-fat fryer, heat oil to 375°. Fry , a few at a time, until golden brown on both sides.
- Drain on paper towels.
- Combine frosting ingredients; spread over cooled doughnuts.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:12.62, Inflammation Score:-6, Nutrition Score:4.9373912992685%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 253.78kcal (12.69%), Fat: 15.1g (23.23%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 27.64g (10.05%), Sugar: 15.74g (17.49%), Cholesterol: 10.89mg (3.63%), Sodium: 96.1mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Vitamin A: 1095.04IU (21.9%), Vitamin E: 2.58mg (17.18%), Vitamin K: 11.19µg (10.66%), Selenium: 6.19µg (8.84%), Vitamin B1: 0.13mg (8.44%), Folate: 31.02µg (7.76%), Manganese: 0.12mg (6.2%), Vitamin B2: 0.1mg (5.71%), Iron: 0.9mg (5.01%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 30.28mg (3.03%), Fiber: 0.65g (2.6%), Calcium: 20.54mg (2.05%), Copper: 0.03mg (1.68%), Magnesium: 5.68mg (1.42%), Vitamin B5: 0.14mg (1.39%), Vitamin C: 1mg (1.22%), Potassium: 38.58mg (1.1%), Zinc: 0.16mg (1.07%)