



## Ghetto Pillsbury Fried Doughnuts

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 tube pillsbury original biscuit dough
- ☐ 4 cups crisco shortening
- ☐ 2 tablespoons ground cinnamon
- ☐ 2 tablespoons roasted and sesame seeds crushed
- ☐ 0.5 cup sugar

### Equipment

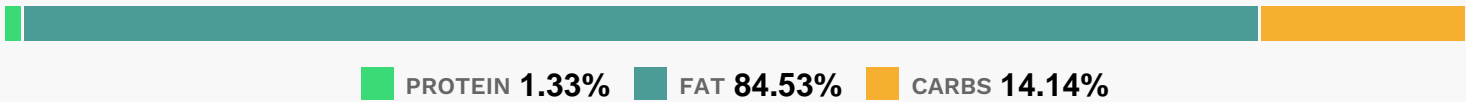
- ☐ bowl
- ☐ paper towels

☐ pot

## Directions

- ☐ Mix the sugar, cinnamon, and sesame seeds in a medium-size bowl.
- ☐ Pop open the tube of dough and pull apart the biscuits—they come preportioned, so this will be easy. In a big, heavy pot, heat the shortening over high heat; you'll know it's ready when a tiny piece of biscuit dough sizzles when added to the oil. Fry the biscuit dough until each piece becomes puffy and brown on all sides, about 2 minutes. Flip the pieces over and fry them for 2 minutes more.
- ☐ Pull out the doughnuts and rest them on paper towels for a minute or two, then toss them immediately in the sugar mixture.
- ☐ Repeat.Eat.Get bloated.
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- ☐ Collins
- ☐ Publishers.

## Nutrition Facts



## Properties

Glycemic Index:21.89, Glycemic Load:26.55, Inflammation Score:-2, Nutrition Score:12.458260862076%

## Nutrients (% of daily need)

Calories: 1181.41kcal (59.07%), Fat: 113.09g (173.98%), Saturated Fat: 27.21g (170.06%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40.49g (14.72%), Sugar: 14.53g (16.15%), Cholesterol: 0.58mg (0.19%), Sodium: 548.65mg (23.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin K: 57.52µg (54.78%), Vitamin E: 7.1mg (47.31%), Manganese: 0.63mg (31.27%), Phosphorus: 262.18mg (26.22%), Vitamin B1: 0.28mg (18.89%), Selenium: 11.68µg (16.69%), Iron: 2.44mg (13.56%), Folate: 42.49µg (10.62%), Vitamin B2: 0.18mg (10.4%), Vitamin B3: 2.05mg (10.26%), Vitamin B5: 0.88mg (8.78%), Fiber: 2.05g (8.2%), Calcium: 68.99mg (6.9%), Copper: 0.14mg (6.86%), Magnesium: 18.04mg (4.51%), Potassium: 147.59mg (4.22%), Zinc: 0.47mg (3.13%), Vitamin B6: 0.05mg (2.36%), Vitamin B12: 0.08µg (1.35%)