



## Mini Maple Spam Doughnuts

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



49 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 cup flour
- 0.3 teaspoon baking soda
- 1 tablespoon butter melted
- 0.3 cup buttermilk
- 2 teaspoons ground cinnamon freshly ground for garnish
- 0.8 cup powdered sugar
- 1 eggs
- 3 tablespoons brown sugar light packed

- 1 teaspoon maple syrup
- 0.1 teaspoon salt

## Equipment

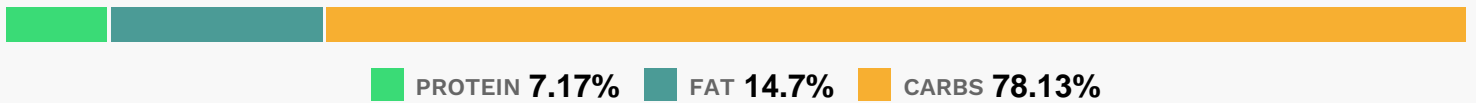
- bowl
- frying pan
- paper towels
- oven
- knife
- whisk
- mixing bowl
- ziploc bags
- pastry bag
- drinking straws

## Directions

- Make the dough. In large mixing bowl, mix flour, brown sugar, baking soda and salt. Stir in 1/3 cup buttermilk, egg, and melted butter. Beat together until well blended. Spoon batter into a pastry bag fitted with a round tip or a resealable plastic bag. Chill mixture for 1 hour. Meanwhile, prepare SPAM Rings and glaze.
- Make the SPAM rings.
- Remove the SPAM from the can and slice from the lid side to the bottom into 12 slices (each slice about 1/4-inch thick). Using a 1-1/2-inch round biscuit cutter, cut each slice of SPAM into two rounds (you should have a total of 24 rounds from the can of SPAM Classic). Using a straw, knife or small pastry tip, cut a small circle out of the center of each piece of SPAM Classic to make a ring.
- Place rings into a large skillet and fry until golden brown on both sides. Repeat until all of the rings are fried; place on paper towels after frying to blot excess oil. Take the remaining scrape pieces of SPAM and finely dice.
- Place the diced SPAM into the same skillet and fry until golden brown; set aside.

- Make the glaze. In small bowl, whisk together the confectioners' sugar, maple syrup and remaining 1 tablespoon of buttermilk until well combined; set aside.
- Make the doughnuts. Preheat oven to 325°F.
- Remove the chilled dough from the refrigerator. Spray a mini doughnut pan with nonstickcooking spray. Pipe batter into the mini doughnut tin; filling 2/3 of the way full (if using a resealable plastic bag snip the corner of thebag and pipe batter into the mini doughnut pan).
- Place the SPAM Rings on top of the dough.
- Bake for 10 minutes or until thedoughnuts spring back when touched.
- Allow the doughnuts to cool slightly and then carefully remove from the pan.
- Spread the prepared maple glaze over the doughnuts and top with the diced SPAM for sprinkles. Repeat as necessary with the remaining dough and SPAM rings. If desired, sprinkle with a little cinnamon (I found this worked nicely with the maple flavor).
- Serve the doughnuts warm.

## Nutrition Facts



### Properties

Glycemic Index:8.23, Glycemic Load:3, Inflammation Score:-1, Nutrition Score:1.1708695707924%

### Nutrients (% of daily need)

Calories: 49.32kcal (2.47%), Fat: 0.81g (1.25%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.47g (3.44%), Sugar: 5.48g (6.09%), Cholesterol: 8.44mg (2.81%), Sodium: 34.01mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Manganese: 0.07mg (3.66%), Selenium: 2.5µg (3.58%), Vitamin B1: 0.04mg (2.9%), Folate: 10.6µg (2.65%), Vitamin B2: 0.04mg (2.62%), Iron: 0.3mg (1.68%), Vitamin B3: 0.32mg (1.58%), Phosphorus: 12.4mg (1.24%)