



Neely's Maple Glazed Donuts

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup buttermilk
- 0.8 cup pumpkin puree canned
- 24 servings cinnamon sugar
- 3 cups confectioners' sugar
- 1 egg yolk

- 2 large eggs lightly beaten
- 3.8 cups flour all-purpose
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon maple extract
- 0.5 cup milk
- 1 teaspoon salt
- 3 tablespoons butter salted melted
- 1.3 cups sugar
- 24 servings vegetable oil for frying

Equipment

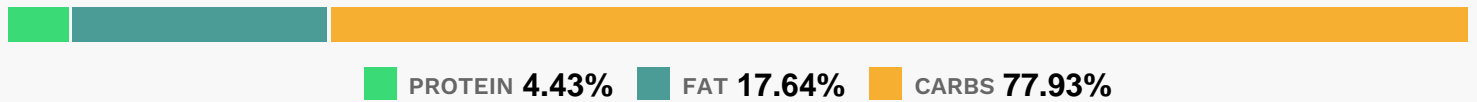
- bowl
- whisk
- wire rack
- wooden spoon
- dutch oven
- butter knife

Directions

- Watch how to make this recipe.
- Preheat oil in a large Dutch oven to 375 degrees F.
- Whisk dry ingredients together in a large bowl.
- Whisk eggs, yolk, buttermilk, pumpkin puree, melted butter and almond extract together in another large bowl until smooth.
- Add the wet ingredients to the dry and thoroughly mix together using a wooden spoon. The dough will be very sticky.

- Dust your countertop and hands with flour. Using your hands pat out dough to 1/2-inch thickness. Dip a 3-inch round cutter in flour and cut out donuts.
- Cut out center of donuts with 3/4-inch cutter. Gather scraps and re-roll. Continue cutting out donuts.
- Fry donuts, in hot oil, until golden brown and crisp, approximately 1 minute per side.
- Drain on wire rack over sheet tray to cool.
- Once cool, dust with cinnamon sugar, if desired, or dip tops of the donuts into the Maple Syrup Glaze. Also, a butter knife can be used to spread on the glaze.
- In a small bowl, combine confectioners' sugar, maple extract and milk; stir well.
- Add additional milk, if needed, to reach desired consistency.
- Drizzle over donuts.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:26.71, Inflammation Score:-7, Nutrition Score:5.4773913064729%

Nutrients (% of daily need)

Calories: 270.02kcal (13.5%), Fat: 5.38g (8.28%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 53.52g (17.84%), Net Carbohydrates: 52.72g (19.17%), Sugar: 37.79g (41.99%), Cholesterol: 28.34mg (9.45%), Sodium: 196.99mg (8.56%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 3.04g (6.08%), Vitamin A: 1282.7IU (25.65%), Selenium: 8.82µg (12.6%), Vitamin B1: 0.16mg (10.85%), Folate: 39.96µg (9.99%), Vitamin B2: 0.14mg (8.48%), Manganese: 0.16mg (8.21%), Iron: 1.19mg (6.63%), Vitamin K: 6.62µg (6.31%), Vitamin B3: 1.2mg (5.98%), Phosphorus: 54.42mg (5.44%), Calcium: 49.56mg (4.96%), Fiber: 0.8g (3.21%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.24mg (2.36%), Copper: 0.04mg (2.21%), Magnesium: 7.84mg (1.96%), Zinc: 0.26mg (1.75%), Potassium: 57.42mg (1.64%), Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.22µg (1.49%), Vitamin B6: 0.03mg (1.36%)