



PB&J Doughnuts

 Vegetarian

READY IN



85 min.

SERVINGS



9

CALORIES



379 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 eggs
- ☐ 3 tablespoons heavy cream
- ☐ 0.3 cup peanut butter
- ☐ 17.3 ounce puff pastry sheets thawed pepperidge farm®
- ☐ 4 teaspoons raspberry jam
- ☐ 1 tablespoon water

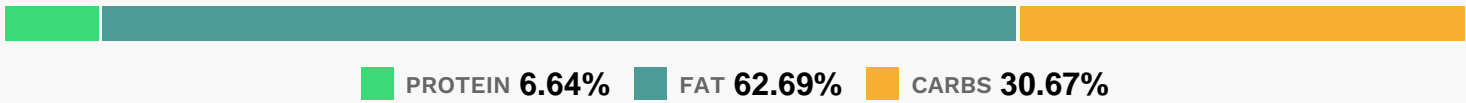
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork.
- ☐ Stir the peanut butter, heavy cream and confectioners' sugar in a small bowl until the mixture is smooth.
- ☐ Unfold 1 pastry sheet on a lightly floured surface. Using a round cutter, cut the pastry sheet into 9 (3-inch) circles. Repeat with the remaining pastry sheet.
- ☐ Place 9 pastry circles onto a baking sheet. Spoon about 1 teaspoon peanut butter mixture in the center of each pastry circle. Top each with about 1/2 teaspoon jam.
- ☐ Brush the edges of the pastry circles with the egg mixture.
- ☐ Place the remaining pastry circles over the filling. Press the edges firmly to seal. Using a sharp knife, cut a small slit in the top of each filled pastry.
- ☐ Bake for 15 minutes or until the pastries are golden brown.
- ☐ Let the pastries cool on the baking sheet for 10 minutes.
- ☐ Sprinkle with additional confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:13.89, Glycemic Load:14.64, Inflammation Score:-3, Nutrition Score:6.9560869465704%

Nutrients (% of daily need)

Calories: 379.15kcal (18.96%), Fat: 26.7g (41.07%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 28.19g (10.25%), Sugar: 3.7g (4.11%), Cholesterol: 23.84mg (7.95%), Sodium: 175.82mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Selenium: 15.2µg (21.71%), Manganese: 0.37mg (18.68%), Vitamin B3: 3.23mg (16.16%), Vitamin B1: 0.23mg (15.35%), Folate: 51.51µg (12.88%), Vitamin B2: 0.2mg (11.89%), Iron: 1.63mg (9.03%), Vitamin K: 8.97µg (8.54%), Phosphorus: 70.16mg (7.02%), Vitamin E: 1.05mg (6.99%),

Magnesium: 21.91mg (5.48%), Copper: 0.1mg (4.99%), Fiber: 1.2g (4.78%), Zinc: 0.55mg (3.65%), Vitamin B6: 0.05mg (2.7%), Potassium: 87.57mg (2.5%), Vitamin A: 100.44IU (2.01%), Vitamin B5: 0.16mg (1.64%), Calcium: 15.68mg (1.57%), Vitamin D: 0.18µg (1.19%)