

Pumpkin Buns

 Vegetarian  Vegan  Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



195 kcal

BREAD

Ingredients

- 0.5 cup brown sugar soft
- 1 cup pumpkin fresh grated
- 1 pinch salt
- 12 servings vegetable oil for deep-frying
- 1 cup flour whole-wheat

Equipment

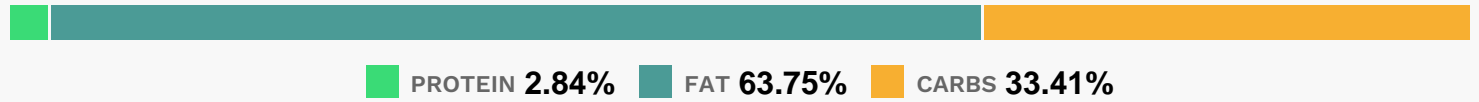
- frying pan
- paper towels

sauce pan

Directions

- Combine the pumpkin, brown sugar, and salt in a small saucepan over medium–low heat; cook until the brown sugar dissolves.
- Remove from heat and allow to cool to room temperature.
- Stir the flour into the cooled pumpkin mixture to form a dough.
- Add 1 teaspoon of vegetable oil to the dough; allow to rest 5 minutes.
- Roll the dough into 12 even–sized balls and flatten to about 2–inches in diameter.
- Heat the remaining vegetable oil in a skillet over medium–hot heat. Fry the dough in the hot oil until lightly brown on each side.
- Drain on a plate lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:5.1391303487446%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 195.11kcal (9.76%), Fat: 14.26g (21.94%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.7g (5.71%), Sugar: 9.2g (10.22%), Cholesterol: 0mg (0%), Sodium: 6.09mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 26.04µg (24.8%), Manganese: 0.42mg (21.23%), Vitamin A: 823.82IU (16.48%), Selenium: 6.32µg (9.03%), Vitamin E: 1.32mg (8.79%), Fiber: 1.12g (4.47%), Phosphorus: 40.32mg (4.03%), Magnesium: 15.69mg (3.92%), Vitamin B1: 0.05mg (3.67%), Copper: 0.06mg (2.88%), Vitamin B3: 0.56mg (2.82%), Iron: 0.51mg (2.81%), Vitamin B6: 0.05mg (2.52%), Potassium: 81.36mg (2.32%), Zinc: 0.29mg (1.96%), Vitamin B2: 0.03mg (1.6%), Folate: 6.04µg (1.51%), Calcium: 13.04mg (1.3%), Vitamin C: 0.87mg (1.05%), Vitamin B5: 0.1mg (1.01%)