

Pumpkin Donuts

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter softened
- ☐ 1 cup confectioners' sugar sifted
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk

- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.8 cup pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract

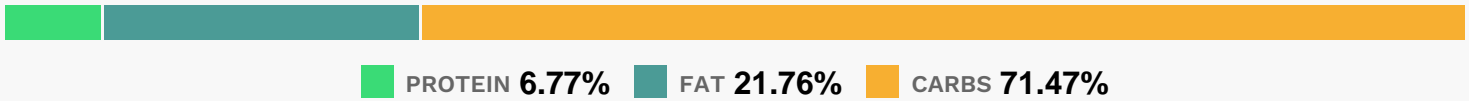
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pastry bag
- ☐ pastry brush

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease 2 baking sheets.
- ☐ Stir flour, brown sugar, 2 teaspoons pumpkin pie spice, baking powder, salt, and baking soda together in a large bowl.
- ☐ Mix pumpkin, eggs, milk, and butter into flour mixture; beat until completely incorporated.
- ☐ Spoon pumpkin mixture into a pastry bag fitted with a large star tip with a 1/2-inch opening. Pipe 3-inch circles onto prepared baking sheets.
- ☐ Bake in the preheated oven until golden brown, about 13 minutes.
- ☐ Remove doughnuts to a wire rack to cool.
- ☐ Stir confectioner's sugar, 1/2 teaspoon pumpkin pie spice, and vanilla together in a bowl. Gradually stir in enough milk to reach a glaze consistency.
- ☐ Brush glaze over doughnuts with a pastry brush or spoon over the tops.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:11.72, Inflammation Score:-9, Nutrition Score:6.9604348903117%

Nutrients (% of daily need)

Calories: 203.01kcal (10.15%), Fat: 4.95g (7.62%), Saturated Fat: 2.82g (17.59%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 35.59g (12.94%), Sugar: 19.52g (21.69%), Cholesterol: 38.06mg (12.69%), Sodium: 219.45mg (9.54%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 3.47g (6.93%), Vitamin A: 2549.32IU (50.99%), Selenium: 9.7µg (13.85%), Vitamin B1: 0.17mg (11.56%), Folate: 43.66µg (10.92%), Manganese: 0.19mg (9.36%), Vitamin B2: 0.16mg (9.14%), Iron: 1.45mg (8.07%), Vitamin B3: 1.31mg (6.56%), Phosphorus: 60.07mg (6.01%), Calcium: 56.33mg (5.63%), Fiber: 1.02g (4.08%), Vitamin B5: 0.3mg (3.01%), Copper: 0.06mg (2.87%), Vitamin K: 2.9µg (2.77%), Magnesium: 10.78mg (2.69%), Potassium: 85.9mg (2.45%), Vitamin E: 0.37mg (2.44%), Zinc: 0.3mg (1.98%), Vitamin B6: 0.04mg (1.88%), Vitamin B12: 0.1µg (1.68%), Vitamin D: 0.2µg (1.35%)