



Pumpkin Doughnuts with Powdered Sugar Glaze and Spiced Sugar Doughnut Holes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 cups flour
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 1 cup pumpkin puree pure canned
- ☐ 24 servings canola oil for deep-frying
- ☐ 1 large eggs

- ☐ 2 large egg yolk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 24 servings whipping cream

Equipment

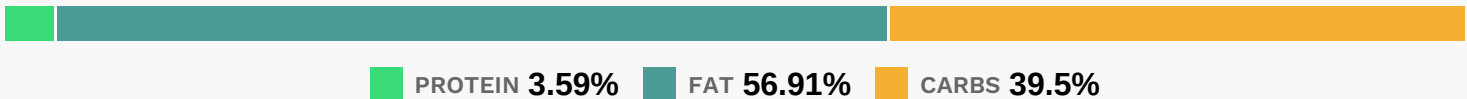
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Whisk all ingredients in medium bowl to blend.
- ☐ Whisk first 8 ingredients in medium bowl to blend. Using electric mixer, beat sugar and butter in large bowl until blended (mixture will be grainy). Beat in egg, then yolks and vanilla. Gradually beat in buttermilk; beat in pumpkin in 4 additions. Using rubber spatula, fold in dry ingredients in 4 additions, blending gently after each addition. Cover with plastic; chill 3 hours.

- ☐ Sprinkle 2 rimmed baking sheets lightly with flour. Press out 1/3 of dough on floured surface to 1/2- to 2/3-inch thickness. Using 2 1/2-inch-diameter round cutter, cut out dough rounds. Arrange on sheets. Repeat with remaining dough in 2 more batches. Gather dough scraps. Press out dough and cut out more dough rounds until all dough is used.
- ☐ Using 1-inch-diameter round cutter, cut out center of each dough round to make doughnuts and doughnut holes.
- ☐ Line 2 baking sheets with several layers of paper towels.
- ☐ Pour oil into large deep skillet to depth of 1 1/2 inches. Attach deep-fry thermometer and heat oil to 365°F to 370°F. Fry doughnut holes in 2 batches until golden brown, turning occasionally, about 2 minutes. Using slotted spoon, transfer to paper towels to drain. Fry doughnuts, 3 or 4 at a time, until golden brown, adjusting heat to maintain temperature, about 1 minute per side. Using slotted spoon, transfer doughnuts to paper towels to drain. Cool completely.
- ☐ Whisk powdered sugar and 4 tablespoons whipping cream to blend.
- ☐ Whisk in additional cream, 1 teaspoon at a time, to form medium thick glaze. Can be made up to 3 hours ahead.
- ☐ Add doughnut holes to bowl of spiced sugar and toss to coat.
- ☐ Spread doughnuts on 1 side with Powdered Sugar Glaze. Arrange doughnuts, glazed side up, on racks.
- ☐ Let stand until glaze sets, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:16.13, Inflammation Score:-8, Nutrition Score:7.1291304878567%

Nutrients (% of daily need)

Calories: 340.07kcal (17%), Fat: 21.82g (33.57%), Saturated Fat: 5.73g (35.78%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 33.23g (12.08%), Sugar: 19.21g (21.35%), Cholesterol: 44.31mg (14.77%), Sodium: 204.72mg (8.9%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 3.09g (6.19%), Vitamin A: 1893.18IU (37.86%), Vitamin E: 2.81mg (18.75%), Selenium: 8.44µg (12.06%), Vitamin K: 12.34µg (11.76%), Vitamin B1: 0.15mg (10.3%), Folate: 38.56µg (9.64%), Vitamin B2: 0.15mg (9.04%), Manganese: 0.18mg (8.9%), Iron: 1.18mg (6.56%), Calcium: 64.87mg (6.49%), Phosphorus: 61.08mg (6.11%), Vitamin B3: 1.14mg (5.68%), Fiber: 0.85g (3.39%), Vitamin D:

0.45µg (3%), Vitamin B5: 0.25mg (2.55%), Copper: 0.05mg (2.26%), Magnesium: 8.67mg (2.17%), Potassium: 68.23mg (1.95%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.1µg (1.6%), Vitamin B6: 0.03mg (1.49%)