



## Pumpkin Spice Glazed Donuts

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 can grands!® flaky layers biscuits refrigerated pillsbury® (8 biscuits)
- ☐ 1 tablespoon pumpkin canned
- ☐ 4 tablespoons half-and-half
- ☐ 4 cups powdered sugar
- ☐ 4.5 teaspoons pumpkin pie spice
- ☐ 4 cups vegetable oil for frying
- ☐ 1 tablespoons water

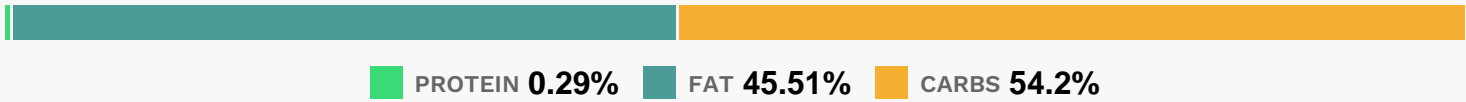
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ tongs

## Directions

- ☐ In a saucepan, heat oil over medium heat to 350°F to 375°F.
- ☐ Separate dough into 8 biscuits. Use a medium donut cutter to shape each donut, removing holes for later.
- ☐ Gently place 2 or 3 donuts in hot oil. Fry on one side until golden brown. With tongs, gently turn each biscuit over; fry until other side is golden brown.
- ☐ Remove doughnuts from oil and place on plate lined with paper towel. Repeat with remaining donuts. Then repeat with donut holes.
- ☐ In large bowl, mix powdered sugar, pumpkin pie spice, pumpkin, half and half and water with whisk until smooth and thick glaze forms. I had to use 2 tablespoons of water to reach the consistency I needed.
- ☐ Dip one side of the donuts into the glaze, then place on a rack with parchment paper underneath so that excess donut glaze drips off onto the parchment paper. The glaze should cover most of the donut before dripping off.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:3.4500000502752%

## Nutrients (% of daily need)

Calories: 441.06kcal (22.05%), Fat: 22.84g (35.14%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 60.99g (22.18%), Sugar: 59.17g (65.74%), Cholesterol: 2.63mg (0.88%), Sodium: 6.99mg (0.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin K: 40.82μg (38.88%), Vitamin E:

1.85mg (12.31%), Manganese: 0.18mg (9.2%), Vitamin A: 321.4IU (6.43%), Vitamin B2: 0.03mg (1.7%), Calcium:  
16.86mg (1.69%), Iron: 0.3mg (1.64%), Selenium: 0.72µg (1.03%)