



Quick Doughnuts and Doughnut Holes

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



1029 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 11 ounce biscuits canned
- 1 tablespoon ground cinnamon
- 1 cup sugar
- 1 quart vegetable oil

Equipment

- paper towels
- slotted spoon
- dutch oven

apple corer

Directions

- Separate biscuits, and place them on a flat surface.
- Cut a hole from center of each biscuit with an apple corer, reserving dough balls.
- Pour oil into a Dutch oven; heat to 35
- Fry doughnuts, in batches, 30 seconds on each side or until golden. Repeat procedure with dough balls.
- Remove with a slotted spoon, and drain on paper towels.
- Combine sugar and cinnamon.
- Roll doughnuts and doughnut holes evenly in sugar mixture, or, if desired, dip in Chocolate Glaze.

Nutrition Facts

 **PROTEIN 0.75%**  **FAT 85.65%**  **CARBS 13.6%**

Properties

Glycemic Index:14.01, Glycemic Load:23.54, Inflammation Score:-2, Nutrition Score:10.242608691201%

Nutrients (% of daily need)

Calories: 1029.38kcal (51.47%), Fat: 99.85g (153.62%), Saturated Fat: 15.21g (95.08%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 34.86g (12.68%), Sugar: 21.06g (23.4%), Cholesterol: 0.31mg (0.1%), Sodium: 294.04mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin K: 175.56µg (167.2%), Vitamin E: 8.17mg (54.48%), Phosphorus: 134.61mg (13.46%), Manganese: 0.26mg (13.14%), Vitamin B1: 0.13mg (8.89%), Selenium: 6.01µg (8.58%), Iron: 1.12mg (6.25%), Vitamin B2: 0.1mg (5.6%), Folate: 21.88µg (5.47%), Vitamin B3: 1.06mg (5.28%), Fiber: 0.83g (3.32%), Calcium: 23.5mg (2.35%), Potassium: 73.7mg (2.11%), Copper: 0.03mg (1.5%), Magnesium: 5.78mg (1.45%), Zinc: 0.17mg (1.11%)