



Sweet Potato Doughnuts with Maple Icing

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 large eggs lightly beaten
- 3.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup pecans finely chopped
- 0.5 teaspoon salt
- 1 cup cream sour

- 1 cup sugar
- 1 cup sweet potatoes and into cooked mashed (1 medium potato)
- 12 servings vegetable oil for frying

Equipment

- bowl
- paper towels
- dutch oven

Directions

- Maple Icing, recipe follows;
- In a medium bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt. In a large bowl, combine eggs, sour cream, and sweet potato. Gradually add flour mixture, stirring to combine. Turn dough out onto a heavily floured surface. Knead in flour with hands as needed (dough will be sticky).
- Roll out dough to 1/2-inch thickness.
- Cut out dough with a 2 1/4-inch round cutter.
- Cut out center of doughnuts with a 3/4-inch round cutter. Re-roll dough as needed.
- In a Dutch oven, heat vegetable oil over medium heat to 360 degrees F. Cook doughnuts, in batches, in hot oil, 2 minutes per side, or until lightly browned.
- Drain on paper towels. Ice top of doughnuts with Maple Icing, and sprinkle with chopped pecans.
- 2/3 cups confectioners' sugar
- to 4 tablespoons milk
- /4 teaspoon maple extract
- In a small bowl, combine confectioners' sugar and 3 tablespoons milk; stir well.
- Add additional milk to reach desired consistency. Stir in maple extract.

Nutrition Facts



■ PROTEIN 7.19% ■ FAT 36.68% ■ CARBS 56.13%

Properties

Glycemic Index:25.84, Glycemic Load:33.07, Inflammation Score:-8, Nutrition Score:10.999565111554%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 344.35kcal (17.22%), Fat: 14.27g (21.95%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 46.88g (17.05%), Sugar: 18.24g (20.27%), Cholesterol: 42.31mg (14.1%), Sodium: 237.94mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.59%), Manganese: 0.71mg (35.3%), Vitamin A: 1742.13IU (34.84%), Vitamin B1: 0.36mg (24.13%), Selenium: 16.14µg (23.06%), Folate: 75.01µg (18.75%), Vitamin B2: 0.27mg (16.01%), Iron: 2.24mg (12.44%), Vitamin B3: 2.35mg (11.73%), Phosphorus: 115.47mg (11.55%), Copper: 0.19mg (9.46%), Fiber: 2.23g (8.94%), Calcium: 79.41mg (7.94%), Magnesium: 24.93mg (6.23%), Zinc: 0.87mg (5.83%), Vitamin K: 6.11µg (5.82%), Vitamin B5: 0.52mg (5.19%), Potassium: 149.91mg (4.28%), Vitamin B6: 0.08mg (4.02%), Vitamin E: 0.57mg (3.79%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.17µg (1.11%)