

Derby Donut Holes

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CpommunityTable.com

Yield: 40 donut holes

1/4 cup butter

1/2 cup brown sugar

1/2 cup chopped pecans

1/2 cup mini chocolate chips

2 tubes (ten count ea) refrigerated flaky biscuits

Canola oil (for frying)

2 cups powdered sugar

In a small bowl, stir together the butter and brown sugar. Place the bowl in the refrigerator to cool slightly, 5 to 10 minutes.

Stir in the pecans and chocolate chips.

Peel each biscuit apart into two dough circles. Flatten the circles slightly between the palms of your hands.

Spoon a scant 1/2 teaspoon of the chocolate chip-pecan mixture onto the center of each circle. Pinch the edges together toward the center. Roll between the hands to achieve a rounded ball.

Fill the bottom half of a skillet with canola oil. Heat over medium-high to 350 degrees. Drop the dough balls into the hot oil, three or four at a time. Cook about 5 seconds per side, no longer than 15 seconds total, until golden brown.

Transfer to a paper towel-lined plate. Cool slightly.

Sprinkle with powdered sugar.

Be sure to use the regular size biscuits that are labeled "flaky" or "layered".

Per Serving (excluding unknown items): 2010 Calories; 86g Fat (37.4% calories from fat); 5g Protein; 320g Carbohydrate; 5g Dietary Fiber; 124mg Cholesterol; 500mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 17 Fat; 20 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2010	Vitamin B6 (mg):	.1mg
% Calories from Fat:	37.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	61.6%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	86g	Folacin (mcg):	26mcg
Saturated Fat (g):	32g	Niacin (mg):	1mg
Monounsaturated Fat (g):	38g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Refused:	n n%
Carbohydrate (g):	320g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1/2
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	500mg	Vegetable:	0
Potassium (mg):	504mg	Fruit:	0
Calcium (mg):	99mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	17
Zinc (mg):	3mg	Other Carbohydrates:	20 1/2
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	1810IU		
Vitamin A (r.e.):	437RE		

Nutrition Facts

Amount Per Serving	
Calories 2010	Calories from Fat: 752
% Daily Values*	
Total Fat 86g	133%
Saturated Fat 32g	159%
Cholesterol 124mg	41%
Sodium 500mg	21%
Total Carbohydrates 320g	107%
Dietary Fiber 5g	18%
Protein 5g	
Vitamin A	36%
Vitamin C	2%
Calcium	10%
Iron	16%

* Percent Daily Values are based on a 2000 calorie diet.