



Baked Apple Spice Doughnuts with Cinnamon Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



40 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups complete seasoning
- 2 tablespoons granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 0.3 cup milk
- 0.3 cup apple sauce
- 1 teaspoon vanilla

- 0.5 cup powdered sugar
- 0.3 teaspoon ground cinnamon
- 1 tablespoon milk
- 0.5 teaspoon vanilla
- 1 serving sprinkles

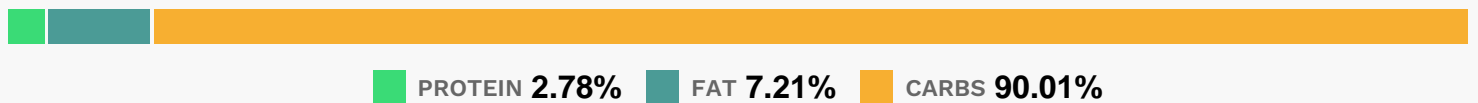
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks

Directions

- Heat oven to 425°F. Spray mini doughnut pan with cooking spray.
- In medium bowl, mix all doughnut ingredients with spoon until blended. Spoon batter into pan, using about 1 tablespoon for each doughnut.
- Bake 6 to 8 minutes or until toothpick inserted near center comes out clean.
- Remove doughnuts from pan to cooling rack; cool 5 minutes.
- Meanwhile, in small bowl, mix powdered sugar, 1/4 teaspoon cinnamon, 1 tablespoon milk and 1/2 teaspoon vanilla with whisk until smooth.
- Dip tops of doughnuts in glaze; top with sprinkles.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:0.39739130745115%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 40.09kcal (2%), Fat: 0.32g (0.5%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.92g (3.24%), Sugar: 8.74g (9.71%), Cholesterol: 0.96mg (0.32%), Sodium: 3552.18mg (154.44%), Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 0.28g (0.56%), Calcium: 11.14mg (1.11%)