



Baked Apple Spice Doughnuts with Cinnamon Glaze

READY IN



25 min.

SERVINGS



12

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 12 servings m&m candies
- ☐ 0.3 cup milk
- ☐ 1 tablespoon milk
- ☐ 2 cups pancake mix

- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 teaspoon vanilla

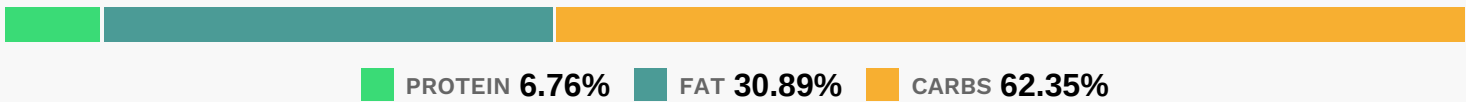
Equipment

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

Directions

- ☐ Heat oven to 425F. 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:18.42, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:2.2530434607812%

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: 159kcal (7.95%), Fat: 5.45g (8.39%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 23.83g (8.67%), Sugar: 17.36g (19.29%), Cholesterol: 18.6mg (6.2%), Sodium: 122.98mg (5.35%), Alcohol: 0.17g (100%), Alcohol %: 0.37% (100%), Protein: 2.68g (5.37%), Phosphorus: 76.36mg (7.64%), Calcium: 74.71mg (7.47%), Vitamin B2: 0.08mg (4.84%), Fiber: 0.92g (3.67%), Selenium: 2.34µg (3.34%), Vitamin B1: 0.05mg (3.33%), Iron: 0.49mg (2.72%), Manganese: 0.04mg (2.08%), Vitamin A: 102.88IU (2.06%), Folate: 8.02µg (2.01%), Vitamin B12: 0.12µg (1.95%), Potassium: 61.31mg (1.75%), Magnesium: 6.06mg (1.51%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.14mg (1.43%), Vitamin B3: 0.28mg (1.42%), Zinc: 0.2mg (1.33%)