



Baked Banana Nut Doughnuts with Vanilla Glaze

 **Gluten Free**

READY IN



25 min.

SERVINGS



12

CALORIES



45 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups complete seasoning
- 2 tablespoons granulated sugar
- 0.1 teaspoon ground cinnamon
- 0.3 cup bananas mashed
- 0.3 cup milk
- 1 teaspoon vanilla
- 0.3 cup walnut pieces chopped

- 0.3 cup powdered sugar
- 2 teaspoons milk
- 0.3 teaspoon vanilla

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, stir together Bisquick mix, granulated sugar, cinnamon, banana, 1/3 cup milk and 1 teaspoon vanilla. Fold in walnuts. 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 glaze ingredients with whisk until smooth.
- Drizzle glaze over doughnuts.
- Serve warm.

Nutrition Facts



PROTEIN 5.97% **FAT 36.25%** **CARBS 57.78%**

Properties

Glycemic Index:18.82, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:1.0982608753054%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 44.75kcal (2.24%), Fat: 1.86g (2.86%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.33g (2.3%), Sugar: 5.69g (6.32%), Cholesterol: 0.91mg (0.3%), Sodium: 3551.93mg (154.43%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 0.69g (1.38%), Manganese: 0.11mg (5.26%), Copper: 0.04mg (2.22%), Vitamin B6: 0.04mg (2.04%), Phosphorus: 17.53mg (1.75%), Magnesium: 6.51mg (1.63%), Fiber: 0.34g (1.35%), Potassium: 45.34mg (1.3%), Calcium: 12.36mg (1.24%), Vitamin B2: 0.02mg (1.18%)