



Baked Banana Nut Doughnuts with Vanilla Glaze

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup bananas mashed
- ☐ 2 tablespoons granulated sugar
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 2 teaspoons milk
- ☐ 2 cups pancake mix
- ☐ 0.3 cup powdered sugar

- ☐ 0.3 teaspoon vanilla
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup walnut pieces chopped

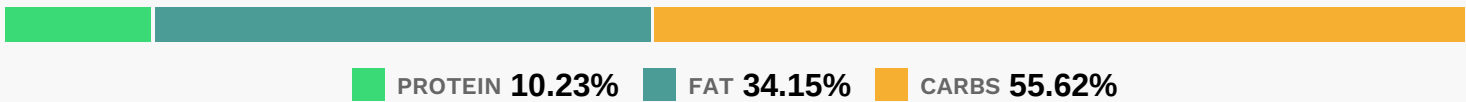
Equipment

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

Directions

- ☐ Heat oven to 425F. 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



Properties

Glycemic Index:18.82, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:2.7530434594854%

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: 91.98kcal (4.6%), Fat: 3.53g (5.43%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.18g (4.43%), Sugar: 5.69g (6.32%), Cholesterol: 16.3mg (5.43%), Sodium: 112.53mg (4.89%), Alcohol: 0.14g (100%), Alcohol %: 0.42% (100%), Protein: 2.38g (4.76%), Phosphorus: 85.35mg (8.54%), Manganese: 0.14mg (6.78%), Calcium: 58.95mg (5.89%), Vitamin B2: 0.09mg (5.14%), Vitamin B1: 0.06mg (3.87%), Selenium: 2.48µg (3.54%), Vitamin B6: 0.06mg (3.18%), Fiber: 0.75g (2.99%), Folate: 11.44µg (2.86%), Magnesium: 11.28mg (2.82%), Copper: 0.05mg (2.73%), Potassium: 88.45mg (2.53%), Iron: 0.37mg (2.08%), Vitamin B12: 0.11µg (1.91%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.17mg (1.73%), Vitamin B3: 0.35mg (1.73%), Vitamin A: 71.05IU (1.42%)