



Baked Blueberry Coconut Donuts



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 cup banana mashed
- ☐ 0.8 cup blueberries fresh
- ☐ 0.3 cup brown rice flour
- ☐ 0.3 cup coconut flour
- ☐ 0.8 cups so delicious vanilla coconut milk beverage mixed unsweetened with 1 teaspoon lemon juice
- ☐ 3 tablespoons coconut oil melted
- ☐ 0.5 cup coconut palm sugar

- ☐ 0.5 cup sorghum flour
- ☐ 0.3 cup tapioca flour / starch

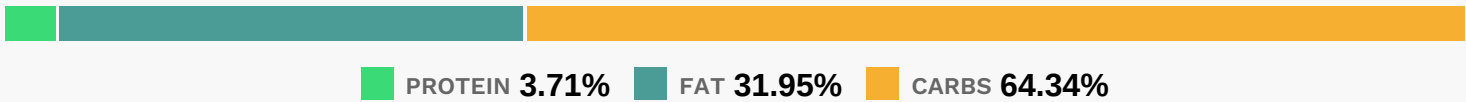
Equipment

- ☐ oven
- ☐ whisk
- ☐ cake form

Directions

- ☐ Whisk coconut milk and lemon juice and set aside to curdle and form a vegan “buttermilk”.
- ☐ Mix in mashed banana, melted coconut oil, coconut milk and coconut palm sugar.
- ☐ Mix in dry ingredients (gluten-free flours or a total of 1 and 1/4 cups regular flour if preferred), folding in fresh or frozen blueberries last.
- ☐ Pour into donut cake pan or mold batter into donut shapes and bake for 16 to 20 minutes at 350 degrees Fahrenheit. Enjoy warm and optionally glaze by mixing powdered sugar, So Delicious coconut milk and vanilla extract to taste!

Nutrition Facts



Properties

Glycemic Index:43.8, Glycemic Load:9.67, Inflammation Score:-3, Nutrition Score:9.8556522416032%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 236.29kcal (11.81%), Fat: 8.83g (13.58%), Saturated Fat: 7.08g (44.25%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 36.23g (13.17%), Sugar: 14.28g (15.86%), Cholesterol: 0mg (0%), Sodium: 214.65mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin D: 14.75µg (98.33%), Manganese: 0.5mg (25.17%), Fiber: 3.78g (15.11%), Calcium: 114.25mg (11.42%), Phosphorus: 94.5mg (9.45%), Vitamin B6: 0.16mg (8.07%), Magnesium: 30.9mg (7.73%), Vitamin B12: 0.37µg (6.15%), Vitamin B3: 1.14mg (5.69%), Iron: 0.91mg (5.03%), Vitamin B1: 0.07mg (4.63%), Vitamin C: 3.43mg (4.15%), Vitamin K: 4.35µg (4.14%), Potassium: 132.88mg (3.8%), Copper: 0.06mg (3.13%), Zinc: 0.44mg (2.92%), Folate: 11.36µg (2.84%), Vitamin B5: 0.28mg (2.83%), Selenium: 1.43µg (2.04%), Vitamin B2: 0.03mg (1.87%), Vitamin E: 0.26mg (1.74%)