



Baked Buttermilk Doughnuts

 Vegetarian

READY IN



16 min.

SERVINGS



14

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup honey
- ☐ 0.8 cup buttermilk 1% low-fat ()
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup flour whole-wheat

Equipment

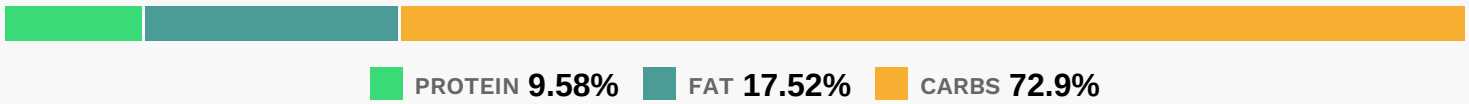
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Preheat oven to 42
- ☐ Lightly coat a doughnut pan with cooking spray.
- ☐ Combine flours and next 4 ingredients (through salt) in a large bowl, stirring well with a whisk.
- ☐ Combine buttermilk, eggs, honey, butter, and vanilla, stirring well with a whisk.
- ☐ Add buttermilk mixture to flour mixture; whisk just until combined.
- ☐ Spoon batter into doughnut pans, filling twothirds full.
- ☐ Bake in middle of oven until doughnuts spring back when touched and are golden on bottom (about 8 minutes).
- ☐ Let cool in pan slightly (about 4 minutes); turn out. Coat with toppings (see ideas, below), if desired.
- ☐ Combine 2 tablespoons fresh lemon juice and 1 1/2 cups powdered sugar, stirring well with a whisk. Dip 1 side of the cooled doughnuts into glaze; let cool on a rack, glazed side up.
- ☐ Calories 191
- ☐ Melt 6 ounces bittersweet chocolate in a bowl in microwave until smooth. Dip tops of doughnuts into chocolate and place chocolate side up on a rack to cool.
- ☐ Sprinkle with 1/2 cup chopped hazelnuts; let sit about 10 minutes.
- ☐ Calories 232

- ☐ Melt 4 ounces (1 cup) bittersweet chocolate in microwave until smooth. Fill a small squeeze bottle or zip-top plastic bag (snip a tiny hole in 1 corner of bag) with melted chocolate; pipe chocolate onto tops of doughnuts. Chill doughnuts until chocolate sets (about 10 minutes).
- ☐ Calories 184
- ☐ Combine 1/4 cup ground cinnamon and 1/4 cup sugar. While still warm, coat doughnuts in sugar; let cool on rack, sugar-coated side up.
- ☐ Calories 155

Nutrition Facts



Properties

Glycemic Index:29.24, Glycemic Load:12.63, Inflammation Score:-2, Nutrition Score:4.7217391664567%

Nutrients (% of daily need)

Calories: 140.33kcal (7.02%), Fat: 2.78g (4.27%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 24.83g (9.03%), Sugar: 12.93g (14.37%), Cholesterol: 31.39mg (10.46%), Sodium: 171.27mg (7.45%), Alcohol: 0.32g (100%), Alcohol %: 0.75% (100%), Protein: 3.42g (6.84%), Manganese: 0.42mg (21.02%), Selenium: 10.89µg (15.55%), Vitamin B1: 0.12mg (8.04%), Phosphorus: 76.07mg (7.61%), Vitamin B2: 0.12mg (6.82%), Folate: 24.32µg (6.08%), Iron: 0.93mg (5.19%), Calcium: 49.48mg (4.95%), Vitamin B3: 0.98mg (4.89%), Fiber: 1.18g (4.71%), Magnesium: 16.43mg (4.11%), Zinc: 0.45mg (3%), Copper: 0.06mg (2.92%), Vitamin B6: 0.06mg (2.86%), Vitamin B5: 0.24mg (2.42%), Potassium: 75.31mg (2.15%), Vitamin A: 95.4IU (1.91%), Vitamin B12: 0.1µg (1.59%), Vitamin E: 0.19mg (1.29%)