



Baked Cake Doughnuts

 Popular

READY IN



30 min.

SERVINGS



6

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 eggs beaten
- ☐ 0.8 cup flour all-purpose (120 grams)
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 75 grams caster sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 1 ounce shortening unsalted
- ☐ 0.3 cup milk whole
- ☐ 30 grams pastry flour whole wheat

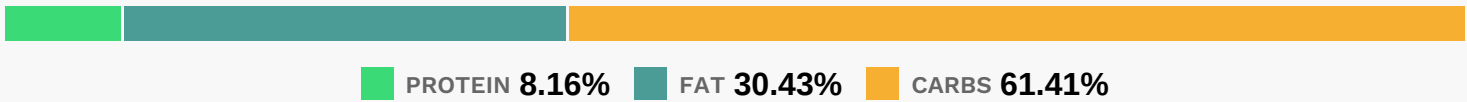
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat the oven to 350°F. Lightly grease a doughnut pan.
- ☐ Sift the flours and baking powder together into a large bowl or the bowl of a mixer.
- ☐ Whisk in the sugar, nutmeg, and salt.
- ☐ Add the butter and use your fingers to rub it into the dry ingredients as you would in making a pastry crust, until evenly distributed.
- ☐ Add the milk, yogurt, vanilla, and egg and stir until just combined. Do not overmix or your doughnuts may be rubbery.
- ☐ Use a piping bag or a spoon to fill each doughnut cup about three-quarters full, making sure the center post is clear.
- ☐ Bake until doughnuts are a light golden brown and spring back when touched, 6 to 10 minutes.
- ☐ Let cool slightly before removing from pan. Glaze as desired.
- ☐ Reprinted with permission from Doughnuts by Lara Ferroni, © 2010 Sasquatch Books

Nutrition Facts



Properties

Glycemic Index:60.68, Glycemic Load:17.83, Inflammation Score:-2, Nutrition Score:5.2404347790972%

Nutrients (% of daily need)

Calories: 189.73kcal (9.49%), Fat: 6.46g (9.94%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 28.33g (10.3%), Sugar: 13.66g (15.18%), Cholesterol: 29.83mg (9.94%), Sodium: 284.24mg (12.36%), Alcohol: 0.23g (100%), Alcohol %: 0.43% (100%), Protein: 3.9g (7.79%), Manganese: 0.32mg (16.01%), Selenium: 11.14µg (15.91%), Vitamin B1: 0.16mg (10.73%), Vitamin B2: 0.15mg (8.86%), Folate: 35.08µg (8.77%), Phosphorus: 84.21mg (8.42%), Calcium: 72.85mg (7.29%), Iron: 1.13mg (6.27%), Vitamin B3: 1.2mg (6%), Fiber: 0.99g (3.97%), Magnesium: 14.18mg (3.55%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.44mg (2.95%), Vitamin E: 0.42mg (2.82%), Copper: 0.05mg (2.63%), Vitamin B12: 0.16µg (2.63%), Vitamin K: 2.73µg (2.6%), Vitamin B6: 0.05mg (2.48%), Potassium: 78.06mg (2.23%), Vitamin D: 0.27µg (1.79%), Vitamin A: 66.8IU (1.34%)