



Baked Chocolate Chip Doughnuts with Chocolate Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 2 tablespoons granulated sugar
- 0.1 teaspoon nutmeg
- 0.7 cup milk
- 1 tablespoon milk
- 0.5 cup powdered sugar
- 0.3 cup semisweet chocolate chips miniature

- 2 tablespoons cocoa powder unsweetened
- 0.5 teaspoon vanilla
- 1 teaspoon vanilla
- 2 cups frangelico
- 2 cups frangelico

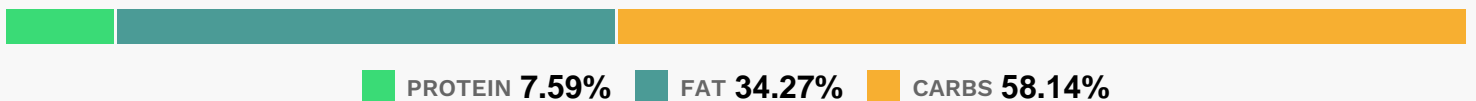
Equipment

- 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, nutmeg, 2/3 cup milk, the egg and 1 teaspoon vanilla. Fold in chocolate chips. 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.
- Dip tops of doughnuts in glaze.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:1.9360869475033%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 73.26kcal (3.66%), Fat: 2.84g (4.37%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 10.13g (3.68%), Sugar: 9.5g (10.56%), Cholesterol: 15.71mg (5.24%), Sodium: 11.67mg (0.51%), Alcohol: 0.17g (100%), Alcohol %: 0.69% (100%), Caffeine: 6.16mg (2.05%), Protein: 1.41g (2.83%), Manganese: 0.1mg (5.05%), Copper: 0.1mg (4.85%), Phosphorus: 41.22mg (4.12%), Magnesium: 15.15mg (3.79%), Selenium: 1.98µg (2.83%), Fiber: 0.71g (2.83%), Iron: 0.5mg (2.76%), Vitamin B2: 0.04mg (2.55%), Calcium: 24.55mg (2.46%), Vitamin B12: 0.12µg (2.02%), Zinc: 0.3mg (1.98%), Potassium: 68.83mg (1.97%), Vitamin D: 0.24µg (1.57%), Vitamin B5: 0.13mg (1.29%)