



Baked Chocolate Doughnuts with Maple Glaze

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



62 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 3 tablespoons granulated sugar
- ☐ 0.7 cup milk
- ☐ 1 eggs
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup powdered sugar
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons maple syrup

☐ 2 cups frangelico

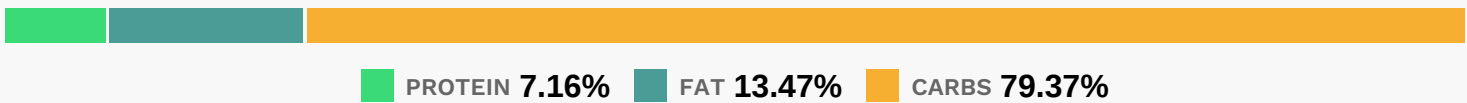
Equipment

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

Directions

- ☐ Heat oven to 425°F. Spray mini doughnut pan with cooking spray.
- ☐ In medium bowl, mix all doughnut ingredients with spoon until blended. 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 powdered sugar and syrup with whisk until smooth.
- ☐ Dip tops of doughnuts in glaze; sprinkle with maple flakes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.09, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:1.8069565043501%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 61.69kcal (3.08%), Fat: 0.96g (1.48%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 12.31g (4.48%), Sugar: 11.61g (12.9%), Cholesterol: 15.27mg (5.09%), Sodium: 11.23mg (0.49%), Alcohol: 0.11g (100%), Alcohol %: 0.46% (100%), Protein: 1.15g (2.3%), Manganese: 0.17mg (8.28%), Vitamin B2: 0.1mg (6.11%), Phosphorus: 30.15mg (3.01%), Calcium: 25.89mg (2.59%), Copper: 0.05mg (2.55%), Magnesium: 9.39mg (2.35%), Selenium: 1.61µg (2.3%), Fiber: 0.46g (1.85%), Vitamin B12: 0.11µg (1.76%), Potassium: 56.3mg (1.61%), Zinc: 0.22mg (1.49%), Vitamin D: 0.22µg (1.48%), Iron: 0.25mg (1.38%), Vitamin B5: 0.11mg (1.1%)