



Baked Chocolate Doughnuts with Peanut Butter Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



72 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 creamy peanut butter

- 1 tablespoon milk
- 0.5 teaspoon vanilla
- 2 tablespoons semisweet chocolate chips miniature
- 2 cups frangelico

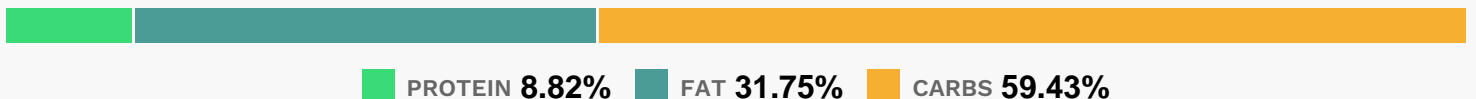
Equipment

- 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, peanut butter, 1 tablespoon milk and 1/2 teaspoon vanilla with whisk until smooth.
- Spread glaze over tops of doughnuts; sprinkle with chocolate chips.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:1.9956521754679%

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: 71.65kcal (3.58%), Fat: 2.63g (4.04%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 10.35g (3.76%), Sugar: 9.74g (10.82%), Cholesterol: 15.56mg (5.19%), Sodium: 17.24mg (0.75%), Alcohol: 0.17g (100%), Alcohol %: 0.68% (100%), Caffeine: 4.99mg (1.66%), Protein: 1.64g (3.29%), Manganese: 0.1mg (5.16%), Copper: 0.09mg (4.37%), Phosphorus: 42.35mg (4.23%), Magnesium: 15.1mg (3.78%), Fiber: 0.72g (2.89%), Selenium: 1.9µg (2.71%), Vitamin B2: 0.05mg (2.7%), Calcium: 24.18mg (2.42%), Iron: 0.42mg (2.34%), Potassium: 68.66mg (1.96%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.24µg (1.57%), Vitamin B5: 0.14mg (1.36%), Vitamin B3: 0.25mg (1.23%), Vitamin E: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.18%)