



Baked Chocolate Doughnuts with Strawberry Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



57 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 strawberry jam

- 1 tablespoon milk
- 1 serving sprinkles
- 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, jam and 1 tablespoon milk with whisk until smooth.
- Dip tops of doughnuts in glaze; top with sprinkles.
- Serve warm.

Nutrition Facts



PROTEIN 8.02% FAT 15.77% CARBS 76.21%

Properties

Glycemic Index:16.76, Glycemic Load:2.98, Inflammation Score:-1, Nutrition Score:1.3978260975817%

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: 57.1kcal (2.85%), Fat: 1.05g (1.61%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.91g (3.97%), Sugar: 10.24g (11.38%), Cholesterol: 15.42mg (5.14%), Sodium: 11.79mg (0.51%), Alcohol: 0.1g (100%), Alcohol %: 0.48% (100%), Protein: 1.2g (2.4%), Phosphorus: 31.73mg (3.17%), Copper: 0.05mg (2.63%), Manganese: 0.05mg (2.57%), Vitamin B2: 0.04mg (2.55%), Selenium: 1.67µg (2.38%), Calcium: 22.31mg (2.23%), Magnesium: 8.56mg (2.14%), Fiber: 0.48g (1.92%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.24µg (1.57%), Iron: 0.25mg (1.39%), Potassium: 48.21mg (1.38%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.15%)