



Baked Chocolate Doughnuts with Strawberry Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 3 tablespoons granulated sugar
- 12 servings m&m candies
- 0.7 cup milk
- 1 tablespoon milk
- 0.5 cup powdered sugar
- 1 tablespoon strawberry jam

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

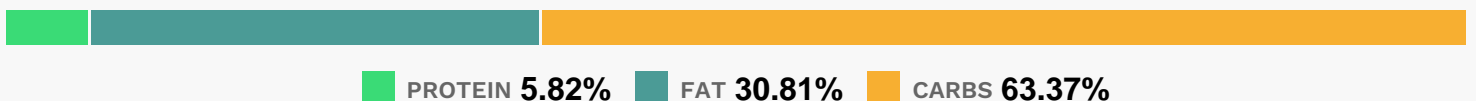
Equipment

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

Directions

- Heat oven to 425F. Spray mini doughnut pan with cooking spray.
- In medium bowl, 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



Properties

Glycemic Index:16.76, Glycemic Load:2.98, Inflammation Score:-1, Nutrition Score:1.6226087082987%

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: 128.87kcal (6.44%), Fat: 4.51g (6.94%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 19.98g (7.27%), Sugar: 18.86g (20.96%), Cholesterol: 17.67mg (5.89%), Sodium: 21.99mg (0.96%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Protein: 1.92g (3.83%), Calcium: 39.71mg (3.97%), Fiber: 0.89g (3.54%), Phosphorus: 31.73mg (3.17%), Copper: 0.05mg (2.63%), Manganese: 0.05mg (2.57%), Vitamin B2: 0.04mg (2.55%), Iron: 0.44mg (2.42%), Selenium: 1.67µg (2.38%), Magnesium: 8.56mg (2.14%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.24µg (1.57%), Vitamin A: 77.39IU (1.55%), Potassium: 48.21mg (1.38%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.15%)