



Baked Cinnamon Sugar Doughnuts

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



55 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons sugar
- 0.1 teaspoon nutmeg
- 0.7 cup milk
- 1 eggs
- 1 teaspoon vanilla
- 0.3 cup sugar
- 1 teaspoon ground cinnamon
- 2 tablespoons butter melted

2 cups frangelico

Equipment

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

Directions

- Heat oven to 425°F. Spray mini doughnut pan with cooking spray.
- In medium bowl, stir together Bisquick mix, 2 tablespoons sugar, the nutmeg, milk, egg and vanilla 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 1/4 cup sugar and the cinnamon.
- Dip tops of doughnuts in melted butter, then dip in cinnamon-sugar.
- Serve warm.

Nutrition Facts



PROTEIN 6.67% **FAT 43.44%** **CARBS 49.89%**

Properties

Glycemic Index:25.27, Glycemic Load:4.55, Inflammation Score:-1, Nutrition Score:0.983043477992%

Nutrients (% of daily need)

Calories: 55.33kcal (2.77%), Fat: 2.7g (4.16%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.9g (2.51%), Sugar: 6.87g (7.64%), Cholesterol: 20.28mg (6.76%), Sodium: 25.47mg (1.11%), Alcohol: 0.11g (100%), Alcohol %: 0.55% (100%), Protein: 0.93g (1.87%), Vitamin B2: 0.04mg (2.23%), Phosphorus: 21.68mg (2.17%), Calcium: 21.09mg (2.11%), Selenium: 1.45µg (2.07%), Vitamin A: 100.58IU (2.01%), Vitamin B12: 0.11µg (1.83%), Manganese: 0.03mg (1.61%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.11mg (1.1%)