



## Baked Coconut Doughnuts with Coconut Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 cup coconut shredded unsweetened
- ☐ 0.7 cup milk
- ☐ 1 eggs
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon coconut extract
- ☐ 0.5 cup powdered sugar

- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon coconut extract
- ☐ 0.3 cup coconut shredded unsweetened
- ☐ 1.5 cups frangelico

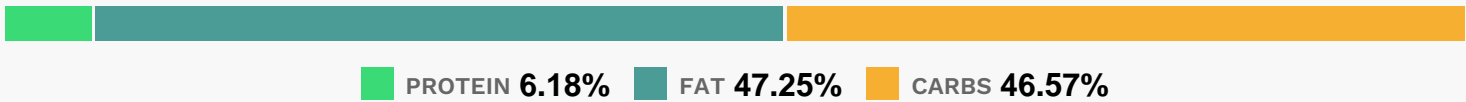
## Equipment

- ☐ 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, 1 tablespoon milk and 1/2 teaspoon coconut extract with whisk until smooth. In another small bowl, place 1/4 cup coconut.
- ☐ Dip tops of doughnuts in glaze, then dip in coconut.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:12.17, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:1.8630434789735%

Nutrients (% of daily need)

Calories: 85.63kcal (4.28%), Fat: 4.58g (7.05%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.22g (3.35%), Sugar: 9.13g (10.15%), Cholesterol: 15.42mg (5.14%), Sodium: 13.18mg (0.57%), Alcohol: 0.26g (100%), Alcohol %: 0.98% (100%), Protein: 1.35g (2.7%), Manganese: 0.16mg (8.16%), Fiber: 0.95g (3.79%), Selenium: 2.53µg (3.61%), Phosphorus: 34.23mg (3.42%), Vitamin B2: 0.05mg (2.66%), Copper: 0.05mg (2.51%), Calcium: 21.94mg (2.19%), Vitamin B12: 0.11µg (1.88%), Magnesium: 7.54mg (1.88%), Potassium: 60.09mg (1.72%), Vitamin B6: 0.03mg (1.64%), Vitamin B5: 0.16mg (1.58%), Vitamin D: 0.24µg (1.57%), Zinc: 0.23mg (1.51%), Iron: 0.26mg (1.46%)