

Baked Doughnuts

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter melted
- 1 cup buttermilk
- 3 eggs
- 3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves

- 1 teaspoon ground nutmeg
- 1 tablespoon honey
- 1 cup sugar white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet, or donut baking pan.
- In a medium bowl, mix sugar, baking powder, baking soda, nutmeg, cloves, cinnamon and flour.
- Mix buttermilk, eggs, honey and butter in a separate medium bowl, and stir into the dry ingredients. Spoon the mixture onto the prepared pan in doughnut shapes.
- Bake 12 minutes in the preheated oven, until golden brown.

Nutrition Facts



Properties

Glycemic Index:37.11, Glycemic Load:30.15, Inflammation Score:-4, Nutrition Score:6.9869565768572%

Nutrients (% of daily need)

Calories: 281.46kcal (14.07%), Fat: 9.81g (15.1%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 43.54g (14.51%), Net Carbohydrates: 42.45g (15.44%), Sugar: 19.23g (21.37%), Cholesterol: 63.46mg (21.15%), Sodium: 260.46mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Selenium: 14.94µg (21.34%), Vitamin B1: 0.26mg (17.36%), Manganese: 0.33mg (16.62%), Folate: 63.84µg (15.96%), Vitamin B2: 0.25mg (14.5%), Iron: 1.78mg (9.9%), Vitamin B3: 1.89mg (9.43%), Phosphorus: 90.13mg (9.01%), Calcium: 79.74mg (7.97%), Vitamin A: 330.05IU (6.6%), Fiber: 1.09g (4.35%), Vitamin B5: 0.39mg (3.95%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.48µg (3.2%),

Copper: 0.06mg (3.15%), Zinc: 0.46mg (3.08%), Magnesium: 11.32mg (2.83%), Vitamin E: 0.38mg (2.55%),
Potassium: 82.13mg (2.35%), Vitamin B6: 0.04mg (2.07%), Vitamin K: 1.07µg (1.02%)