



Baked Lemon Doughnuts with Lemon Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups complete seasoning
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup milk
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup powdered sugar
- ☐ 1 tablespoon milk

- ☐ 1 teaspoon juice of lemon
- ☐ 1 serving sprinkles yellow

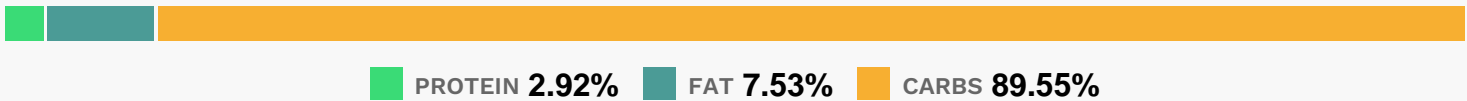
Equipment

- ☐ 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 teaspoon lemon juice with whisk until smooth.
- ☐ Dip tops of doughnut tops in glaze; sprinkle with sugar crystals.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:0.34391303975945%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 36.9kcal (1.84%), Fat: 0.31g (0.48%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 8.3g (3.02%), Sugar: 8.12g (9.02%), Cholesterol: 0.96mg (0.32%), Sodium: 2664.84mg (115.86%), Alcohol: 0.1g (100%), Alcohol %: 0.31% (100%), Protein: 0.27g (0.54%), Vitamin C: 0.86mg (1.04%), Calcium: 10.3mg (1.03%)