



Baked Maple & Cinnamon Donuts

 Vegetarian

READY IN



15 min.

SERVINGS



9

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 4 Tbsp butter melted ()
- ☐ 0.3 cup buttermilk
- ☐ 1 tablespoon canola oil
- ☐ 2 tsp cinnamon
- ☐ 1 eggs lightly beaten ()
- ☐ 1 cup flour all-purpose

- ☐ 2 teaspoon juice of lemon
- ☐ 2.5 tablespoon maple syrup
- ☐ 1 pinch salt
- ☐ 0.5 C sugar

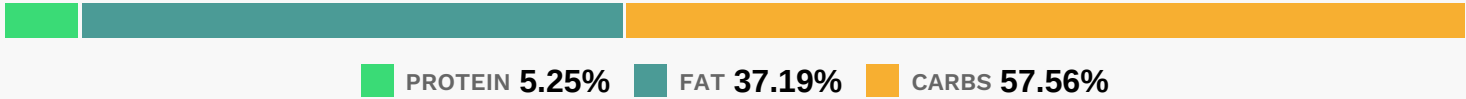
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags
- ☐ pastry bag
- ☐ pastry brush

Directions

- ☐ Preheat oven to 400° F
- ☐ Mix cinnamon and sugar together in small bowl or plate and set aside.In large bowl, whisk together all the dry ingredients. Make a hole in the center of the dry ingredients and pour in wet ingredients in the hole. Gently fold everything together until combined.
- ☐ Place the donut batter in a pastry bag (or plastic bag) snip off 1/2" of the tip and pipe it into the wells of donut pan. Be careful not to over fill. Over filling the wells will create donuts without holes.
- ☐ Bake for 8–10 minutes or until golden brown, and turn out a wire rack.While still a little warm, use pastry brush to butter your donuts and then dip each donut in the cinnamon sugar mixture to coat.Enjoy

Nutrition Facts



Properties

Glycemic Index:39.95, Glycemic Load:17.02, Inflammation Score:-2, Nutrition Score:4.0756522209748%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 181.69kcal (9.08%), Fat: 7.61g (11.71%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 25.83g (9.39%), Sugar: 14.95g (16.61%), Cholesterol: 32.73mg (10.91%), Sodium: 188.65mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Manganese: 0.33mg (16.29%), Vitamin B2: 0.18mg (10.67%), Selenium: 6.69µg (9.55%), Vitamin B1: 0.12mg (7.97%), Folate: 28.61µg (7.15%), Calcium: 48.17mg (4.82%), Iron: 0.83mg (4.62%), Vitamin B3: 0.85mg (4.24%), Phosphorus: 41.51mg (4.15%), Vitamin A: 200.55IU (4.01%), Vitamin E: 0.5mg (3.33%), Fiber: 0.69g (2.74%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.81µg (1.73%), Zinc: 0.25mg (1.67%), Vitamin B12: 0.1µg (1.59%), Magnesium: 6.33mg (1.58%), Potassium: 51.55mg (1.47%), Copper: 0.03mg (1.43%), Vitamin D: 0.21µg (1.42%)