



Baked Sweet Potato Donuts



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 0.3 cup brown sugar
- ☐ 1 tsp cinnamon
- ☐ 2 Tbsp dairy-free margarine melted (such as Earth Balance)
- ☐ 1.8 cup flour
- ☐ 1 pinch salt

- ☐ 0.3 cup regular sugar
- ☐ 2 Tbsp sugar
- ☐ 0.5 sweet potatoes and into boiled peeled mashed (, cut, and)

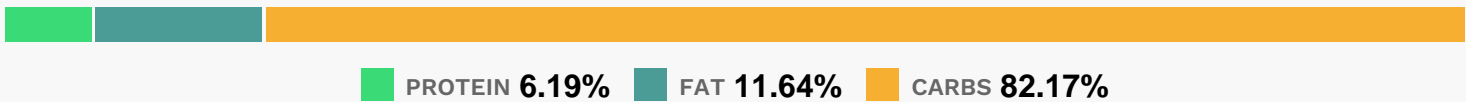
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350F.In a medium bowl, mix the mashed sweet potato and applesauce together until combined.Using a stand-up mixer, and a paddle attachment, mix together all dry ingredients.Then add the sweet potato and applesauce mixture to the dry ingredients.
- ☐ Mix on low for 10 seconds and then move to high for about 30 – 45 seconds or until all ingredients are combined to form a dough. The dough will be slightly sticky.Prepare a well-floured surface.Gently, kneed the dough a couple of times to incorporate a bit more flour.Using a rolling pin, roll out the dough to about a ½ inch thickness.Use two round cookie cutters, (one large, one small) to form the donut shape.Gently place uncooked donuts onto a greased cookie sheet.
- ☐ Bake for 6-9 minutes (Do not over cook.)For the Cinnamon Sugar
- ☐ Sprinkle, combine the cinnamon and sugar together in a bowl. When donuts are out of oven brush each with melted margarine and sprinkle with cinnamon-sugar mixture.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:15.4, Inflammation Score:-7, Nutrition Score:4.7369565173336%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 132.09kcal (6.6%), Fat: 1.72g (2.64%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 26.36g (9.58%), Sugar: 11.52g (12.81%), Cholesterol: 0mg (0%), Sodium: 118.39mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin A: 1427.17IU (28.54%), Vitamin B1: 0.15mg (10.12%), Manganese: 0.19mg (9.55%), Selenium: 6.35µg (9.07%), Folate: 34.61µg (8.65%), Vitamin B2: 0.1mg (5.8%), Vitamin B3: 1.14mg (5.7%), Iron: 1.01mg (5.62%), Fiber: 0.95g (3.79%), Calcium: 34.33mg (3.43%), Vitamin E: 0.5mg (3.33%), Phosphorus: 33.18mg (3.32%), Copper: 0.05mg (2.26%), Potassium: 62.88mg (1.8%), Magnesium: 7.16mg (1.79%), Vitamin B5: 0.16mg (1.64%), Vitamin B6: 0.03mg (1.56%), Vitamin K: 1.61µg (1.54%), Zinc: 0.16mg (1.09%)