



## Baked Vanilla Doughnuts with Vanilla Glaze

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**12**

CALORIES



**46 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tablespoons granulated sugar
- 0.1 teaspoon nutmeg
- 0.7 cup milk
- 1 eggs
- 1 teaspoon vanilla
- 0.5 cup powdered sugar
- 1 tablespoon milk
- 0.5 teaspoon vanilla

- 1 serving sprinkles
- 2 cups frangelico

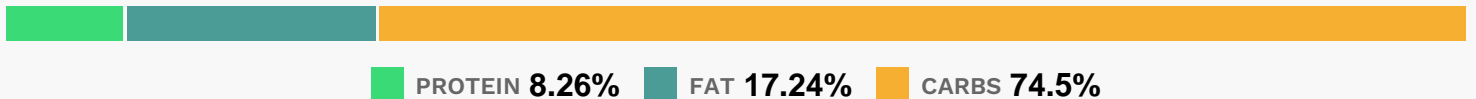
## Equipment

- 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 vanilla with whisk until smooth.
- Dip tops of doughnuts in glaze; decorate with sprinkles.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:18.01, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:0.83913043206153%

## Nutrients (% of daily need)

Calories: 46.35kcal (2.32%), Fat: 0.88g (1.35%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 8.55g (3.11%), Sugar: 8.44g (9.38%), Cholesterol: 15.42mg (5.14%), Sodium: 11mg (0.48%), Alcohol:

0.17g (100%), Alcohol %: 0.81% (100%), Protein: 0.95g (1.9%), Vitamin B2: 0.04mg (2.29%), Phosphorus: 22.29mg (2.23%), Selenium: 1.45µg (2.07%), Calcium: 20.43mg (2.04%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.24µg (1.57%), Vitamin B5: 0.11mg (1.12%)