



Baked Vanilla Doughnuts with Vanilla Glaze

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 0.1 teaspoon nutmeg
- ☐ 12 servings m&m candies
- ☐ 0.7 cup milk
- ☐ 1 tablespoon milk
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon vanilla

- ☐ 1 teaspoon vanilla
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

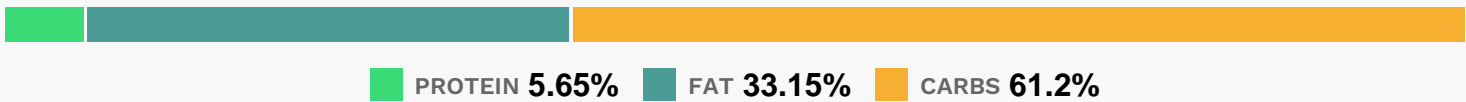
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 425F. 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:1.0634782552395%

Nutrients (% of daily need)

Calories: 118.13kcal (5.91%), Fat: 4.34g (6.68%), Saturated Fat: 2.57g (16.03%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 17.62g (6.41%), Sugar: 17.06g (18.96%), Cholesterol: 17.67mg (5.89%), Sodium: 21.2mg (0.92%), Alcohol: 0.17g (100%), Alcohol %: 0.53% (100%), Protein: 1.67g (3.33%), Calcium: 37.83mg (3.78%), Vitamin B2: 0.04mg (2.29%), Phosphorus: 22.29mg (2.23%), Selenium: 1.45µg (2.07%), Vitamin B12: 0.11µg (1.88%), Fiber: 0.41g (1.64%), Vitamin D: 0.24µg (1.57%), Vitamin A: 77.41IU (1.55%), Iron: 0.25mg (1.41%), Vitamin B5: 0.11mg (1.12%)