

Banana-Chocolate Chip Mini Doughnuts

READY IN

ready

90 min.

SERVINGS

servings

48

CALORIES

calories

70 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup bananas ripe mashed (2 to 3 bananas)
- ☐ 2 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup semi chocolate chips mini
- ☐ 1 stick butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1.5 cups pastry flour whole-wheat

Equipment

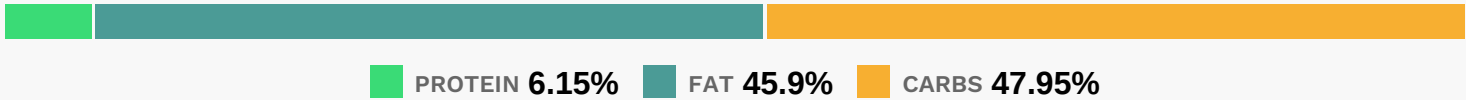
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ mini muffin tray

Directions

- ☐ Preheat the oven to 425 degrees F. Generously coat a mini doughnut pan with cooking spray.
- ☐ Whisk the flour, baking powder, baking soda, 1/2 teaspoon cinnamon and the salt in a large bowl.
- ☐ Whisk the mashed bananas, yogurt, vegetable oil, brown sugar, eggs and vanilla in a separate bowl. Stir the banana mixture into the flour mixture until just combined; stir in the chocolate chips.
- ☐ Transfer the batter to a large resealable plastic bag and snip off one corner. Pipe the batter into the prepared pan, filling each cup almost all the way.
- ☐ Bake until golden brown, 7 to 8 minutes.
- ☐ Let cool in the pan 2 to 3 minutes; remove the doughnuts to a rack to cool completely.
- ☐ Let the pan cool, then coat with more cooking spray and repeat with the remaining batter.
- ☐ Put the melted butter in a shallow bowl.
- ☐ Mix the granulated sugar and the remaining 1/4 teaspoon cinnamon in another shallow bowl. Dip one side of each doughnut in the butter, letting the excess drip off, then immediately dip it in the cinnamon sugar. Store in an airtight container up to 2 days.

- ☐
- You can also make these in a mini muffin pan; bake 8 to 10 minutes.
- ☐
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:4.62, Glycemic Load:1.34, Inflammation Score:-1, Nutrition Score:1.9934782385826%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg

Nutrients (% of daily need)

Calories: 69.7kcal (3.48%), Fat: 3.65g (5.62%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.89g (2.87%), Sugar: 5.11g (5.68%), Cholesterol: 13.11mg (4.37%), Sodium: 50.48mg (2.19%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.1g (2.2%), Manganese: 0.2mg (10.08%), Selenium: 3.34µg (4.77%), Phosphorus: 30.79mg (3.08%), Magnesium: 11.31mg (2.83%), Fiber: 0.7g (2.79%), Copper: 0.05mg (2.61%), Iron: 0.37mg (2.04%), Vitamin B6: 0.03mg (1.67%), Calcium: 16.51mg (1.65%), Vitamin B2: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.51%), Vitamin A: 75.04IU (1.5%), Zinc: 0.22mg (1.47%), Potassium: 51.54mg (1.47%), Vitamin K: 1.29µg (1.22%), Vitamin B3: 0.24mg (1.18%), Vitamin E: 0.16mg (1.06%)