



## Big Cat Chocolate Doughnuts

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 bakery-made chocolate doughnuts fresh
- 1 tablespoon plus light
- 10 drops food coloring
- 1 cup powdered sugar sifted
- 1 tablespoon water hot

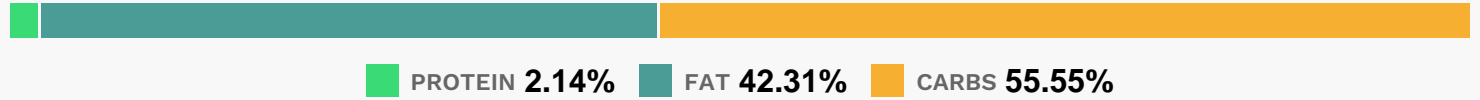
### Equipment

- mixing bowl
- wire rack

## Directions

- Combine sugar and next 3 ingredients in a mixing bowl. Dip tops of doughnuts in colored icing, and set on a wire rack to set.

## Nutrition Facts



## Properties

Glycemic Index:5.13, Glycemic Load:6.82, Inflammation Score:-1, Nutrition Score:2.3173912802468%

## Nutrients (% of daily need)

Calories: 186.05kcal (9.3%), Fat: 9.58g (14.74%), Saturated Fat: 5.62g (35.14%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 26.76g (9.73%), Sugar: 25.6g (28.45%), Cholesterol: 0mg (0%), Sodium: 5.88mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.48mg (6.16%), Protein: 1.09g (2.18%), Copper: 0.16mg (8.08%), Magnesium: 31.67mg (7.92%), Manganese: 0.14mg (6.94%), Fiber: 1.54g (6.16%), Iron: 0.78mg (4.33%), Phosphorus: 41.16mg (4.12%), Vitamin B2: 0.07mg (4.06%), Zinc: 0.43mg (2.86%), Potassium: 81.42mg (2.33%), Vitamin K: 1.76µg (1.68%), Selenium: 0.86µg (1.22%)