



## Chocolate Glazed Doughnuts



Vegetarian



Popular

READY IN



45 min.

SERVINGS



9

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 1 cup confectioners sugar
- ☐ 1 tsp juice of lemon
- ☐ 0.3 cup brown sugar light
- ☐ 1 tbsp maple syrup pure
- ☐ 1 tbsp plant-based milk
- ☐ 0.5 tsp salt

- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 tsp vanilla extract
- ☐ 0.3 cup vegan chocolate chips
- ☐ 2 cups pastry flour whole wheat

## Equipment

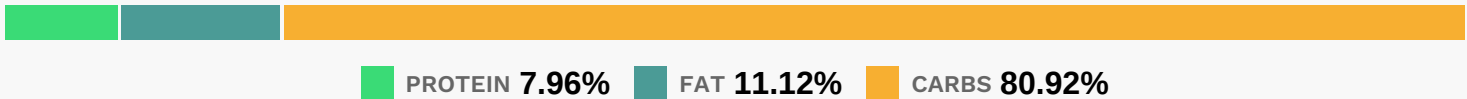
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula

## Directions

- ☐ Preheat oven to 350F. In a small bowl, whisk 1 cup non-dairy milk, lemon juice, 3 tbsp maple, light brown sugar & 1-2 tsp vanilla together until foamy and bubbly. In a large bowl, whisk flour, cocoa, salt, baking powder, baking soda and chocolate chips (crushed).
- ☐ Pour wet into dry and use a spatula to combine. Spoon into a greased 6-donut pan.
- ☐ Bake 15 minutes. Meanwhile, make icing by whisking the last ingredients together (confectioners sugar, 1 tbsp maple, 1 tsp vanilla and 1-2 tbsp non-dairy milk). Submerge cooked, but cool, doughnuts into icing and let glaze drip off.
- ☐ Transfer to wire wrack for drying.

- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber4gSugars12gProtein4g

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:8.4960868177207%

## Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 204.95kcal (10.25%), Fat: 2.73g (4.2%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 40.57g (14.75%), Sugar: 22.95g (25.5%), Cholesterol: 0.2mg (0.07%), Sodium: 230.1mg (10%), Alcohol: 0.16g (100%), Alcohol %: 0.34% (100%), Caffeine: 5.49mg (1.83%), Protein: 4.39g (8.78%), Manganese: 1.23mg (61.67%), Selenium: 17.01µg (24.3%), Fiber: 4.07g (16.3%), Magnesium: 49.83mg (12.46%), Phosphorus: 120.33mg (12.03%), Copper: 0.2mg (10.21%), Iron: 1.74mg (9.65%), Vitamin B1: 0.14mg (9.22%), Vitamin B3: 1.39mg (6.93%), Zinc: 0.88mg (5.88%), Vitamin B6: 0.12mg (5.76%), Vitamin B2: 0.08mg (4.9%), Calcium: 43.48mg (4.35%), Potassium: 150.35mg (4.3%), Folate: 12.67µg (3.17%), Vitamin B5: 0.18mg (1.82%), Vitamin E: 0.19mg (1.29%)