



Cinnamon Baked Doughnuts

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 extra large eggs lightly beaten
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon kosher salt
- 0.5 cup sugar

- 1.5 cups sugar
- 2 tablespoons butter unsalted melted
- 8 tablespoons butter unsalted (1 stick)
- 2 teaspoons vanilla extract pure
- 1.3 cups milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- toothpicks

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees. Spray 2 doughnut pans well.
- Into a large bowl, sift together the flour, sugar, baking powder, cinnamon, nutmeg, and salt. In a small bowl, whisk together the egg, milk, melted butter, and vanilla. Stir the wet mixture into the dry ingredients until just combined.
- Spoon the batter into the baking pans, filling each one a little more than three-quarters full.
- Bake for 17 minutes, until a toothpick comes out clean. Allow to cool for 5 minutes, then tap the doughnuts out onto a sheet pan.
- For the topping, melt the 8 tablespoons of butter in an 8-inch saute pan.
- Combine the sugar and cinnamon in a small bowl. Dip each doughnut first in the butter and then in the cinnamon sugar, either on one side or both sides.

Nutrition Facts



PROTEIN 4.64% **FAT 31.35%** **CARBS 64.01%**

Properties

Glycemic Index:35.43, Glycemic Load:35.41, Inflammation Score:-3, Nutrition Score:5.0917391314617%

Nutrients (% of daily need)

Calories: 313.07kcal (15.65%), Fat: 11.06g (17.02%), Saturated Fat: 6.67g (41.67%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 50.12g (18.23%), Sugar: 34.68g (38.54%), Cholesterol: 45.49mg (15.16%), Sodium: 185.98mg (8.09%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Protein: 3.69g (7.38%), Selenium: 9.31µg (13.29%), Vitamin B1: 0.18mg (12.04%), Folate: 40.75µg (10.19%), Vitamin B2: 0.17mg (10.02%), Manganese: 0.19mg (9.71%), Calcium: 82.1mg (8.21%), Phosphorus: 75.19mg (7.52%), Vitamin A: 358.75IU (7.17%), Iron: 1.17mg (6.48%), Vitamin B3: 1.27mg (6.36%), Vitamin D: 0.55µg (3.65%), Vitamin B12: 0.2µg (3.31%), Fiber: 0.71g (2.86%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.35mg (2.34%), Magnesium: 8.99mg (2.25%), Zinc: 0.33mg (2.21%), Potassium: 72.83mg (2.08%), Copper: 0.04mg (2.01%), Vitamin B6: 0.03mg (1.68%)