



Coconut Doughnuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup almond flour (110 g)
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 175 g brown rice flour for dusting plus more
- 2 teaspoons coconut extract
- 60 g coconut flour
- 60 ml coconut oil melted
- 2 eggs at room temperature

- 2 tablespoons juice of lemon freshly squeezed
- 100 g evaporated cane juice
- 80 g potato flour
- 240 g powdered sugar sifted
- 1 pinch salt
- 30 g tapioca flour
- 0.3 cup coconut milk unsweetened (75 ml)
- 165 g coconut shredded unsweetened
- 20 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- baking paper
- whisk
- kitchen thermometer
- cookie cutter
- candy thermometer

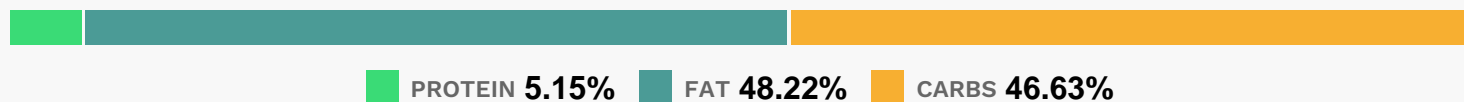
Directions

- Make the doughnuts
- In a medium bowl, whisk together the first six ingredients. In a large bowl, whisk together the superfine brown rice flour, almond flour, potato starch, coconut flour, tapioca starch, baking powder, baking soda, and salt.
- Add the wet ingredients to the dry and whisk until the dough comes together. Knead it with your hands a couple of times. It will be soft.
- Dust a work surface with a generous amount of superfine brown rice flour. Turn the dough out onto your work surface and dust another bit of flour on top of the dough. Pat the dough down

a bit. As the dough sits, it will start to get a bit more compact and will be easier to work with. If it feels too soft, you can refrigerate the dough for 15 minutes.

- Roll the dough to a 3/4-inch thickness.
- Dust a 2-inch cookie cutter or doughnut cutter with additional flour.
- Cut out circles and place them on a baking sheet lined with parchment paper. If you are using a cookie cutter, cut out 1/2-inch holes from the center of the disks. You can re-roll the scraps once to make more doughnuts.
- Chill the doughnuts in the refrigerator for 15 minutes. Meanwhile, fill a shallow cast-iron pan with 2 inches of vegetable oil.
- Heat the oil until it reads 340°F (170°C) on a candy thermometer or instant-read thermometer.
- Carefully add the doughnuts to the oil in batches; do not overcrowd the pan. The doughnuts will sink and then rise when they are almost done. Cook to golden brown, turning the doughnuts once.
- Transfer to a baking sheet lined with paper towels. Repeat the frying process with the doughnut holes.
- Let them cool slightly.
- Make the glaze and finish the doughnuts
- In a medium bowl, whisk together all the glaze ingredients. Dip the doughnuts in the glaze and cover with the shredded coconut.
- From Small Plates & Sweet Treats: My Family's Journey to Gluten-Free Cooking by Aran Goyoaga. Text and photographs copyright © 2012 by Aran Goyoaga. Published by Little, Brown and Company.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:5.0865217615729%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 276.08kcal (13.8%), Fat: 15.45g (23.77%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 29.92g (10.88%), Sugar: 18.18g (20.2%), Cholesterol: 16.37mg (5.46%), Sodium: 118.34mg (5.15%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Protein: 3.72g (7.43%), Manganese: 0.62mg (31.03%), Fiber: 3.7g (14.82%), Phosphorus: 74.02mg (7.4%), Vitamin B6: 0.13mg (6.46%), Iron: 0.99mg (5.5%), Magnesium: 21.72mg (5.43%), Copper: 0.11mg (5.31%), Vitamin K: 5.21µg (4.96%), Selenium: 3.18µg (4.55%), Calcium: 44.21mg (4.42%), Vitamin B3: 0.77mg (3.87%), Vitamin B1: 0.06mg (3.72%), Potassium: 128.63mg (3.68%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.3mg (2.99%), Vitamin E: 0.44mg (2.91%), Vitamin B2: 0.04mg (2.37%), Folate: 5.99µg (1.5%), Vitamin C: 0.94mg (1.14%)