



Coconut Vanilla Gluten-Free Donuts



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



466 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup brown rice flour white
- ☐ 1 cup cane sugar raw organic
- ☐ 0.3 cup coconut oil for pan
- ☐ 0.5 cup dairy free vanilla coconut milk beverage so delicious®
- ☐ 0.3 cup garbanzo bean / chickpea flour
- ☐ 0.3 cup potato flour

- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tapioca flour
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.5 cup coconut flakes unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoons water hot
- ☐ 0.5 teaspoon xanthan gum

Equipment

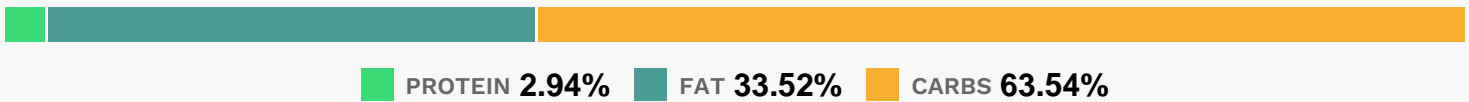
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ toothpicks
- ☐ wooden spoon
- ☐ immersion blender

Directions

- ☐ Grease a 6-donut pan with coconut oil and preheat your oven to 350°F. Sift together the flours, starches, baking powder, xanthan gum, baking soda, and salt.
- ☐ Place the coconut milk and oil in a medium-sized pot over low heat. Warm while gently mixing until the coconut oil melts (do not allow to boil).
- ☐ Remove from heat and whisk in the sugar until it dissolves completely. Stir in the applesauce and vanilla extract.
- ☐ Pour the liquid mixture into the dry ingredients and mix gently to combine together well. (If clumps still develop, you can use an immersion blender and mix the batter for a few minutes until you see a very smooth consistency in the batter.)
- ☐ Add in coconut flakes and mix with a wooden spoon to combine.

- Pour into pre-greased donut pan and fill about halfway to allow for rising of the batter.
- Bake for 15 minutes. Allow the donuts to cool 15 to 30 minutes in the pan. Gently scrape the sides of each well and flip the pan over to remove. You can use a toothpick to help the donuts lift out of the pan. Make a glaze by whisking the powdered sugar in a small bowl while adding the hot water 1 tablespoon at a time. Coat the donuts thinly with the glaze and drop onto a plate with coconut flakes to coat all over.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:28.82, Inflammation Score:-2, Nutrition Score:10.952173895162%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 466.31kcal (23.32%), Fat: 17.98g (27.66%), Saturated Fat: 14.52g (90.78%), Carbohydrates: 76.7g (25.57%), Net Carbohydrates: 73.02g (26.55%), Sugar: 47.08g (52.31%), Cholesterol: 0mg (0%), Sodium: 268.01mg (11.65%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 3.55g (7.09%), Vitamin D: 9.83µg (65.56%), Manganese: 1.12mg (56.08%), Fiber: 3.68g (14.71%), Phosphorus: 132.15mg (13.21%), Vitamin B6: 0.25mg (12.42%), Magnesium: 45.55mg (11.39%), Vitamin B1: 0.14mg (9.11%), Copper: 0.17mg (8.61%), Vitamin B3: 1.64mg (8.18%), Calcium: 81.25mg (8.12%), Folate: 30.26µg (7.57%), Iron: 1.17mg (6.48%), Potassium: 223.12mg (6.37%), Zinc: 0.87mg (5.8%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.25µg (4.1%), Selenium: 2.12µg (3.03%), Vitamin B2: 0.05mg (2.74%), Vitamin E: 0.37mg (2.48%)