



Double Berry Doughnuts

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup granulated sugar
- ☐ 0.7 cup milk
- ☐ 2.5 teaspoons vanilla
- ☐ 1 eggs
- ☐ 0.5 cup blueberries dried
- ☐ 0.5 cup raspberries frozen organic thaw cascadian farm® (do not)
- ☐ 2 tablespoons water
- ☐ 2 cups powdered sugar

- ☐ 4.5 teaspoons milk
- ☐ 2 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ ziploc bags

Directions

- ☐ Heat oven to 425°F. Spray doughnut pan with cooking spray. In medium bowl, stir Bisquick mix, 2 tablespoons of the granulated sugar, 2/3 cup milk, 2 teaspoons of the vanilla and the egg until blended. Stir in blueberries. Spoon batter into resealable food-storage plastic bag; seal bag.
- ☐ Cut off small corner of bag; squeeze bag to pipe batter into pan, using about 1/4 cup for each doughnut.
- ☐ Bake 7 to 9 minutes or until toothpick inserted near center comes out clean. Immediately remove doughnuts from pan to cooling rack. Cool completely.
- ☐ In 1-quart saucepan, heat raspberries, water and remaining 2 tablespoons granulated sugar to boiling over medium heat. Cook 2 to 3 minutes or until thickened and syrupy. Strain; cool. Stir in 1 cup of the powdered sugar and remaining 1/2 teaspoon vanilla with whisk until smooth and thickened. Dip tops of doughnuts in berry glaze; let excess drip off.
- ☐ Let stand until set.
- ☐ In medium bowl, mix remaining 1 cup powdered sugar and 4 1/2 teaspoons milk with whisk until smooth.
- ☐ Drizzle over doughnuts.
- ☐ Let stand until set.

Nutrition Facts



PROTEIN 3.49% FAT 6.92% CARBS 89.59%

Properties

Glycemic Index:14.34, Glycemic Load:3.25, Inflammation Score:-1, Nutrition Score:1.4626086976217%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 136.68kcal (6.83%), Fat: 1.06g (1.62%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.57g (10.75%), Sugar: 28.3g (31.45%), Cholesterol: 15.49mg (5.16%), Sodium: 13.43mg (0.58%), Alcohol: 0.29g (100%), Alcohol %: 0.62% (100%), Protein: 1.2g (2.39%), Fiber: 1.16g (4.63%), Vitamin B2: 0.05mg (2.67%), Calcium: 26.02mg (2.6%), Potassium: 87.47mg (2.5%), Phosphorus: 24.34mg (2.43%), Selenium: 1.57µg (2.25%), Vitamin B12: 0.12µg (1.93%), Manganese: 0.04mg (1.9%), Vitamin D: 0.24µg (1.62%), Vitamin C: 1.31mg (1.59%), Vitamin B5: 0.13mg (1.31%), Iron: 0.23mg (1.3%)