



Fat-Free Mini Donuts

 Vegetarian  Vegan

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 12 servings purple gel food coloring
- 1 tablespoon juice of lemon
- 0.3 teaspoon salt
- 3 tablespoons vanilla-flavored soy yogurt plain (or flavor)
- 0.5 cup soymilk low-fat
- 0.3 cup sugar

- 0.5 cup sugar
- 0.3 cup unbleached flour
- 0.5 teaspoon vanilla extract
- 1 tablespoon water hot
- 0.5 cup pastry flour whole wheat

Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- measuring cup
- muffin tray
- pastry bag

Directions

- Spray a mini-donut or muffin pan with canola oil or non-stick spray.
- Mix the dry ingredients together in a medium-sized bowl.
- Combine the wet ingredients in a measuring cup.
- Pour the wet into the dry and mix well.
- Transfer the batter to a pastry bag (or ziplock storage bag) and cut off the tip (or corner). Carefully pipe the batter into each donut mold until it's no more than 2/3 full. (Err on the side of less rather than more, or your donuts will come out shaped funny and lacking a hole on one side!)
- Bake for 8-12 minutes, until tops are done.
- Remove from oven and allow to cool on a wire rack for a few minutes before attempting to remove the donuts from the pan. If necessary, carefully run a toothpick around the edges and centers of the molds to unstick the donuts. Wash the pan and repeat with the remaining batter. Once the donuts are cool, prepare the glaze by mixing the confectioner's sugar well

with hot water and adding a drop or two of food coloring if desired. (If the glaze seems too thin, add more sugar; if too thick, add more water.) Dip or drizzle the top side of the donut with the glaze. (The bottoms are very spongy and shouldn't be dipped.) Be careful to dip the donut very briefly or it will absorb too much of the glaze. Allow to dry before serving.

Nutrition Facts

 **PROTEIN 6.03%**  **FAT 4.74%**  **CARBS 89.23%**

Properties

Glycemic Index:27.72, Glycemic Load:11.06, Inflammation Score:-1, Nutrition Score:2.2839130542201%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 87.58kcal (4.38%), Fat: 0.48g (0.73%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 19.52g (7.1%), Sugar: 14.39g (15.99%), Cholesterol: 0mg (0%), Sodium: 117.49mg (5.11%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 1.36g (2.73%), Manganese: 0.23mg (11.26%), Selenium: 4.44µg (6.34%), Calcium: 30.83mg (3.08%), Vitamin B3: 0.6mg (3%), Fiber: 0.66g (2.62%), Phosphorus: 24.14mg (2.41%), Vitamin B6: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.24%), Vitamin C: 1.68mg (2.04%), Vitamin E: 0.3mg (1.97%), Copper: 0.04mg (1.94%), Magnesium: 7.65mg (1.91%), Vitamin B2: 0.03mg (1.9%), Vitamin B12: 0.11µg (1.77%), Folate: 6.46µg (1.61%), Iron: 0.28mg (1.55%), Zinc: 0.18mg (1.19%), Vitamin D: 0.17µg (1.11%), Potassium: 36.47mg (1.04%)