



Gingerbread Baked Donuts with Gingersnap Icing

READY IN



35 min.

SERVINGS



9

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.8 cup buttermilk
- 1 large eggs
- 0.8 cup flour all-purpose
- 0.3 cup gingersnaps crushed
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger

- 4 tablespoons cup heavy whipping cream
- 0.3 teaspoon kosher salt
- 2 tablespoons blackstrap molasses
- 1.5 cups powdered sugar
- 1 teaspoon vanilla extract pure

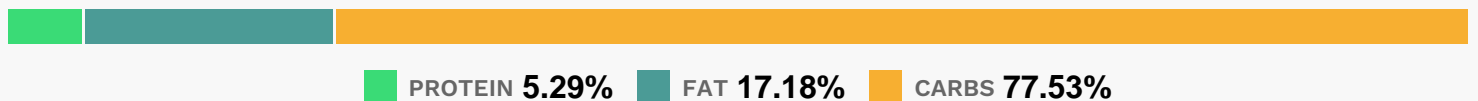
Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl

Directions

- Preheat oven to 350 degrees F. and spray donut pan with non-stick cooking spray.
- Place flour, baking powder, cinnamon, ginger, salt, sugar, egg, and vanilla into a large mixing bowl.
- Pour in the buttermilk and molasses, stir to combine. Scoop batter into prepared donut pan (in batches if necessary).
- Bake for 15-20 minutes, until baked through.
- Remove and let cool for 10 minutes before removing from pan. To prepare icing, whisk powdered sugar and heavy cream a medium bowl mixing until smooth.
- Add more cream as needed to thin icing. Dip cooled doughnuts in icing, sprinkle with crushed gingersnap cookies and serve.

Nutrition Facts



Properties

Glycemic Index:35.23, Glycemic Load:11.73, Inflammation Score:-2, Nutrition Score:4.6121739079447%

Nutrients (% of daily need)

Calories: 208.7kcal (10.43%), Fat: 4.04g (6.21%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 40.55g (14.74%), Sugar: 30.33g (33.7%), Cholesterol: 30.4mg (10.13%), Sodium: 256.43mg (11.15%), Alcohol: 0.15g (100%), Alcohol %: 0.25% (100%), Protein: 2.8g (5.6%), Manganese: 0.25mg (12.45%), Calcium: 123.53mg (12.35%), Selenium: 7.35µg (10.5%), Vitamin B2: 0.14mg (8.15%), Phosphorus: 76.6mg (7.66%), Vitamin B1: 0.1mg (6.86%), Iron: 1.2mg (6.66%), Folate: 25.69µg (6.42%), Magnesium: 18.44mg (4.61%), Vitamin B3: 0.8mg (3.99%), Potassium: 131.29mg (3.75%), Vitamin A: 161.42IU (3.23%), Vitamin D: 0.48µg (3.19%), Copper: 0.06mg (2.96%), Vitamin B6: 0.06mg (2.87%), Vitamin B5: 0.27mg (2.73%), Vitamin B12: 0.15µg (2.54%), Zinc: 0.28mg (1.84%), Fiber: 0.43g (1.71%), Vitamin E: 0.17mg (1.15%)