

# Gluten-Free Baked Chocolate Doughnuts



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 4 ounces granulated sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups powdered sugar
- ☐ 2.5 ounces oat flour gluten-free
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon xanthan gum

- ☐ 1 large eggs
- ☐ 1.3 ounces tapioca flour
- ☐ 0.5 teaspoon lemon extract
- ☐ 6 tablespoons milk whole
- ☐ 0.8 ounce cocoa powder
- ☐ 6 tablespoons cream sour

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

## Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk together oat flour, granulated sugar, potato starch, cocoa powder, baking soda, and xanthan gum in a medium bowl.
- ☐ Add egg, sour cream, milk, and vegetable oil.
- ☐ Whisk until batter is smooth. Allow batter to stand for five minutes. Lightly coat pan with nonstick cooking spray. Fill cavities about halfway with batter.
- ☐ Bake until doughnuts spring back to the touch, about ten minutes. Turn doughnuts out onto a wire rack to cool. Repeat with remaining batter. Allow doughnuts to cool completely.
- ☐ Place a wire rack into a parchment-lined baking pan.
- ☐ Whisk together powdered sugar, milk, vanilla, and lemon extract in small bowl. Dip doughnuts, one at a time, into glaze. Shake off excess glaze.
- ☐ Place dipped doughnuts onto wire rack. Store doughnuts covered at room temperature for up to three days.

## Nutrition Facts



 **PROTEIN 4.45%**  **FAT 31.9%**  **CARBS 63.65%**

Properties

Glycemic Index:12.17, Glycemic Load:6.82, Inflammation Score:-1, Nutrition Score:3.5891304667229%

Flavonoids

Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 199.17kcal (9.96%), Fat: 7.32g (11.26%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 31.76g (11.55%), Sugar: 25.05g (27.83%), Cholesterol: 20.55mg (6.85%), Sodium: 61.88mg (2.69%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 4.08mg (1.36%), Protein: 2.3g (4.59%), Manganese: 0.31mg (15.47%), Vitamin K: 8.73µg (8.31%), Phosphorus: 65.79mg (6.58%), Selenium: 4.15µg (5.93%), Magnesium: 20mg (5%), Copper: 0.1mg (4.96%), Fiber: 1.09g (4.35%), Vitamin B2: 0.06mg (3.71%), Vitamin B1: 0.05mg (3.48%), Iron: 0.61mg (3.39%), Vitamin E: 0.49mg (3.25%), Calcium: 29.67mg (2.97%), Zinc: 0.44mg (2.92%), Potassium: 82.74mg (2.36%), Vitamin B12: 0.12µg (1.96%), Vitamin A: 80.26IU (1.61%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.03mg (1.34%), Folate: 4.78µg (1.19%)