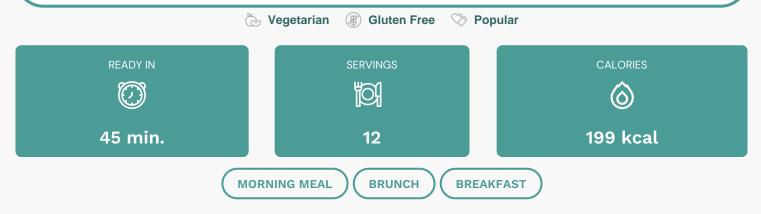


Gluten-Free Baked Chocolate Doughnuts



Ingredients

Ш	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
Εq	uipment
	bowl
	frying pan
	oven
	whisk
	wire rack
	baking pan
Di	rections
	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%)