



Mindi's Doughnuts and Easy Raspberry Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons orange liqueur
- ☐ 1 tablespoon powdered sugar
- ☐ 10 oz raspberry fruit spread seedless
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup whipping cream
- ☐ 48 glazed yeast doughnut holes

Equipment

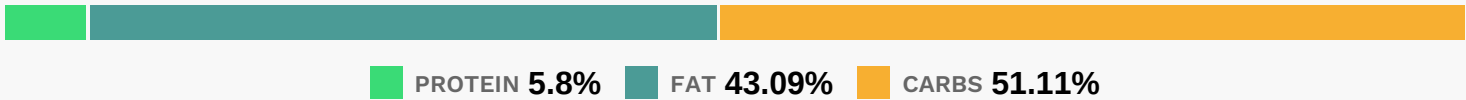
- ☐ bowl

- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave fruit spread in microwave-safe glass bowl at HIGH 45 seconds or until warm and easy to stir. Stir in liqueur and vanilla.
- ☐ Let stand 10 minutes or until slightly thickened but still smooth.
- ☐ Beat whipping cream at medium speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form.
- ☐ Serve doughnut holes with fruit spread mixture and whipped cream.
- ☐ *2 Tbsp. orange juice may be substituted.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:13.21, Inflammation Score:-5, Nutrition Score:7.9313044003818%

Nutrients (% of daily need)

Calories: 235.32kcal (11.77%), Fat: 11.23g (17.28%), Saturated Fat: 6.91g (43.19%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 27.97g (10.17%), Sugar: 20.27g (22.53%), Cholesterol: 33.62mg (11.21%), Sodium: 22.77mg (0.99%), Alcohol: 1.06g (100%), Alcohol %: 1.77% (100%), Protein: 3.4g (6.81%), Vitamin B1: 0.67mg (44.79%), Folate: 145.49µg (36.37%), Vitamin B2: 0.32mg (19.04%), Vitamin B3: 2.45mg (12.25%), Vitamin B5: 0.89mg (8.93%), Vitamin A: 437.33IU (8.75%), Fiber: 2g (8.02%), Phosphorus: 62.45mg (6.24%), Vitamin B6: 0.11mg (5.38%), Vitamin C: 3.31mg (4.02%), Zinc: 0.57mg (3.8%), Copper: 0.07mg (3.33%), Potassium: 114.36mg (3.27%), Vitamin D: 0.48µg (3.17%), Selenium: 2.09µg (2.99%), Calcium: 28.6mg (2.86%), Vitamin E: 0.32mg (2.11%), Iron: 0.34mg (1.87%), Manganese: 0.03mg (1.72%), Magnesium: 6.88mg (1.72%)