



WHATSheATE



Mini Baked Donuts with Vanilla, Maple or Mocha Glaze

♥ Popular

READY IN



27 min.

SERVINGS



15

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon coffee extract pure (such as McCormick)
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup full-fat coconut milk
- ☐ 2 cups dairy-free baking mix gluten-free (such as Bisquick Heart Smart or)
- ☐ 1 teaspoon maple flavor (such as McCormick)
- ☐ 0.5 vanilla milk alternative plain (your choice or type)
- ☐ 4 cups powdered / confectioners' sugar

- ☐ 1 teaspoon pumpkin pie spice (such as McCormick)
- ☐ 8 ounces dairy-free semi-sweet baking chocolate melted coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons vanilla extract pure

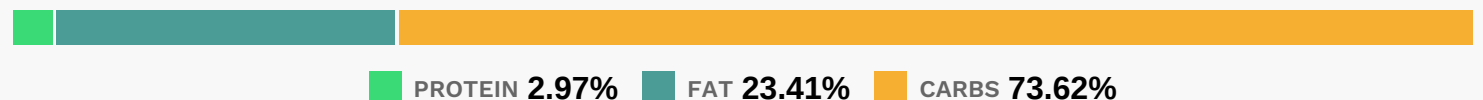
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ mini muffin tray

Directions

- ☐ Preheat your oven to 325°F and lightly grease a mini donut pan (you can optionally use a mini cupcake pan to make donut holes).
- ☐ Mix all donut ingredients in medium bowl until well blended. Spoon the batter into our prepared pan, using approximately 1 tablespoon batter for each donut.
- ☐ Bake for 10 to 12 minutes or until a toothpick inserted in a donut comes out clean. Using a whisk or starting with a hand mixer on low speed, mix all ingredients for the glaze you are making in a large bowl until smooth.
- ☐ Remove the donuts from the pan, and immediately dip in the glaze while still warm.
- ☐ Place the donuts glaze-side up on a wire rack set over baking sheet or waxed paper to cool.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:2.53, Inflammation Score:-1, Nutrition Score:3.1678260966488%

Nutrients (% of daily need)

Calories: 301.52kcal (15.08%), Fat: 7.91g (12.16%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 55.96g (18.65%), Net Carbohydrates: 54.43g (19.79%), Sugar: 41.45g (46.05%), Cholesterol: 11.82mg (3.94%), Sodium: 143.45mg (6.24%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Caffeine: 13mg (4.33%), Protein: 2.26g (4.51%), Manganese: 0.28mg (14.12%), Copper: 0.21mg (10.55%), Magnesium: 30.66mg (7.67%), Iron: 1.3mg (7.24%), Fiber: 1.53g (6.11%), Phosphorus: 52.57mg (5.26%), Selenium: 2.4µg (3.42%), Zinc: 0.49mg (3.25%), Potassium: 108.58mg (3.1%), Calcium: 29.72mg (2.97%), Vitamin B2: 0.03mg (1.66%), Vitamin K: 1.14µg (1.08%), Vitamin B5: 0.1mg (1.02%)