



Mini Cake Doughnuts

READY IN



45 min.

SERVINGS



14

CALORIES



78 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 30 grams barley flour all-purpose
- ☐ 66 grams cane sugar
- ☐ 1 eggs
- ☐ 0.3 cup milk
- ☐ 1 pinch nutmeg freshly ground
- ☐ 14 servings powdered sugar melted for coating
- ☐ 30 grams rye flour whole-wheat
- ☐ 0.5 teaspoon salt

- ☐ 60 grams farro white all-purpose
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract

Equipment

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

Directions

- ☐ Preheat the oven to 400°F and lightly grease a mini doughnut pan.
- ☐ Sift the white spelt, rye, barley, and baking powder together.
- ☐ Whisk in the sugar, nutmeg, and salt. Set aside.
- ☐ In a separate bowl, whisk together the melted butter, milk, vanilla, and egg.
- ☐ Add the egg mixture to the flour mixture and stir until just combined. Do not overmix or your doughnuts may be rubbery.
- ☐ Fill each doughnut cup 1/2 to 3/4 of the way full with the batter. You can do this with a spoon, but I prefer using a piping bag to fill each cup evenly and cleanly. It's important not to overfill or as the doughnuts rise, you'll lose the hole.
- ☐ Bake until the doughnuts spring back when touched, 6 to 10 minutes depending on the size of your doughnut pan.
- ☐ Let cool completely on a wire rack; then dip in melted chocolate or dust with powdered sugar.
- ☐ For gluten-free Mini Cake Doughnuts, replace all the flours with an equal weight of gluten-free all-purpose baking mix. For vegan Mini Cake Doughnuts, replace the butter with an equal amount of coconut oil; the milk with an equal amount of soy or almond milk; and the egg with 1/4 cup silken tofu.

Nutrition Facts



 **PROTEIN 8.21%**  **FAT 30.26%**  **CARBS 61.53%**

Properties

Glycemic Index:30.01, Glycemic Load:7.03, Inflammation Score:-1, Nutrition Score:2.2795651853085%

Nutrients (% of daily need)

Calories: 78.29kcal (3.91%), Fat: 2.65g (4.07%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 11.61g (4.22%), Sugar: 5.45g (6.05%), Cholesterol: 16.75mg (5.58%), Sodium: 120.58mg (5.24%), Alcohol: 0.1g (100%), Alcohol %: 0.48% (100%), Protein: 1.62g (3.23%), Manganese: 0.15mg (7.43%), Selenium: 4.71µg (6.73%), Vitamin B1: 0.07mg (4.43%), Phosphorus: 36.19mg (3.62%), Folate: 14.3µg (3.57%), Vitamin B2: 0.06mg (3.53%), Iron: 0.53mg (2.95%), Calcium: 28.75mg (2.87%), Vitamin B3: 0.51mg (2.53%), Fiber: 0.5g (1.99%), Magnesium: 7.47mg (1.87%), Copper: 0.03mg (1.73%), Vitamin A: 77.13IU (1.54%), Zinc: 0.2mg (1.31%), Vitamin B5: 0.12mg (1.16%), Vitamin B12: 0.06µg (1.08%), Vitamin D: 0.16µg (1.05%), Vitamin B6: 0.02mg (1.05%)