



Mini-Doughnut Stacks

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



8

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter softened
- 1 pint chocolate-cherry ice cream
- 8 servings toppings: fudge sauce with stems hot
- 16 powdered sugar doughnuts miniature

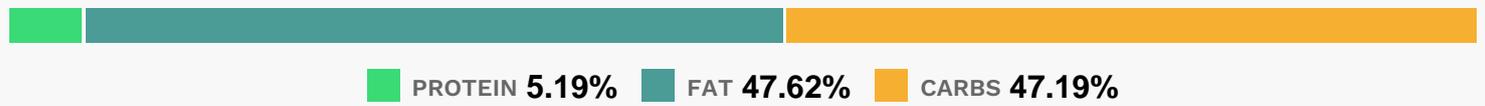
Equipment

- baking sheet

Directions

- Cut doughnuts in half horizontally; spread cut sides evenly with butter.
- Place, buttered sides up, on a lightly greased baking sheet.
- Broil doughnut halves 3 inches from heat 3 to 4 minutes or until golden brown.
- Place 1 to 4 doughnut halves on each serving plate. Top with a small scoop of ice cream.
- Serve with desired toppings.
- Note: For testing purposes only, we used Ben & Jerry's Cherry Garcia Ice Cream.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:7.98, Inflammation Score:-3, Nutrition Score:3.1300000256818%

Nutrients (% of daily need)

Calories: 168.95kcal (8.45%), Fat: 9.33g (14.36%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 19.94g (7.25%), Sugar: 18.92g (21.02%), Cholesterol: 20.11mg (6.7%), Sodium: 78.2mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin A: 373.5IU (7.47%), Vitamin B2: 0.12mg (6.85%), Calcium: 68.24mg (6.82%), Phosphorus: 64.24mg (6.42%), Magnesium: 17.46mg (4.36%), Copper: 0.09mg (4.36%), Potassium: 149.84mg (4.28%), Manganese: 0.08mg (4.17%), Fiber: 0.87g (3.48%), Vitamin B5: 0.33mg (3.33%), Iron: 0.57mg (3.18%), Vitamin B12: 0.17µg (2.92%), Zinc: 0.36mg (2.38%), Folate: 9.5µg (2.37%), Selenium: 1.5µg (2.14%), Vitamin E: 0.29mg (1.92%), Vitamin B1: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.65%)