

Plain Cake Donut



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup tapioca/arrowroot flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.8 cup brown rice flour white
- ☐ 0.3 cup coconut oil melted plus more for brushing the trays
- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 0.5 cup potato flour
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 6 tablespoons apple sauce unsweetened
- ☐ 0.3 cup vanilla extract
- ☐ 0.5 cup water hot
- ☐ 0.5 teaspoon xanthan gum

Equipment

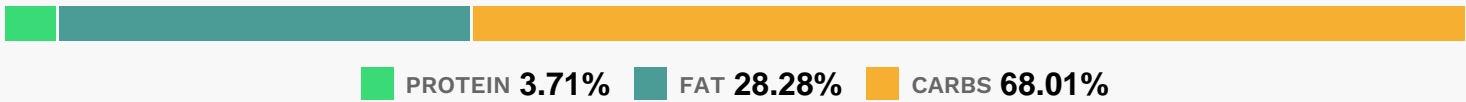
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Cinnamon sugar
- ☐ Preheat the oven to 325°F.
- ☐ Brush 2 six-mold donut trays with coconut oil and set aside.
- ☐ In a medium bowl, whisk together the sugar, flours, potato starch, arrowroot, baking powder, xanthan gum, salt, and baking soda.
- ☐ Add the coconut oil, applesauce, vanilla, and hot water and continue mixing with a rubber spatula just until the ingredients are combined. Using a melon-baller or tablespoon, drop 2 1/2 tablespoons of batter into each donut mold. Using a toothpick, spread the batter evenly around the mold.
- ☐ Bake for 8 minutes, rotate, and continue to bake until the donuts are golden brown, about 7 minutes more.
- ☐ Let cool in the molds for 5 minutes if sprinkling with toppings such as cinnamon sugar, or 15 minutes if using glaze or icing. Run a knife around the donuts in the molds, lift them out, and place them on a baking sheet. Coat them in cinnamon sugar.

- ☐ Reprinted with permission from Babycakes Covers the Classics by Erin McKenna, © 2011
Clarkson Potter
- ☐ Erin McKenna is the chef and owner of Baby
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:14.65, Inflammation Score:-1, Nutrition Score:3.8260869736905%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 212.99kcal (10.65%), Fat: 6.59g (10.13%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 34.17g (12.43%), Sugar: 18.57g (20.63%), Cholesterol: 0mg (0%), Sodium: 172.75mg (7.51%), Alcohol: 1.49g (100%), Alcohol %: 2.78% (100%), Protein: 1.94g (3.89%), Manganese: 0.5mg (24.79%), Vitamin B6: 0.14mg (7.18%), Phosphorus: 67.13mg (6.71%), Fiber: 1.48g (5.91%), Magnesium: 21.99mg (5.5%), Vitamin B1: 0.08mg (5.17%), Vitamin B3: 0.94mg (4.72%), Folate: 18.23µg (4.56%), Potassium: 136.58mg (3.9%), Calcium: 38.73mg (3.87%), Copper: 0.08mg (3.77%), Iron: 0.55mg (3.04%), Zinc: 0.38mg (2.56%), Vitamin B5: 0.22mg (2.17%), Vitamin B2: 0.02mg (1.43%), Vitamin E: 0.18mg (1.21%)