



Poppy Seed Doughnuts

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.3 cup buttermilk
- 1 tablespoon canola oil
- 2 teaspoons powdered sugar divided
- 1 eggs
- 1 cup flour all-purpose
- 2 teaspoons juice of lemon

- 1 teaspoon lemon zest grated
- 0.3 cup yogurt plain reduced-fat
- 1 tablespoon poppy seeds
- 0.3 teaspoon salt
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- oven
- toothpicks

Directions

- In a small bowl, combine the first six ingredients.
- Combine the egg, buttermilk, yogurt, oil, lemon juice, peel and vanilla; stir into dry ingredients just until moistened.
- Coat six 4-in. tube pans with cooking spray and dust with 1 teaspoon confectioners' sugar. Divide batter among pans.
- Bake at 400° for 10–12 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks. Dust with remaining confectioners' sugar.

Nutrition Facts



PROTEIN 8.93% **FAT 20.41%** **CARBS 70.66%**

Properties

Glycemic Index:45.52, Glycemic Load:23.47, Inflammation Score:-2, Nutrition Score:5.7347826957703%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 200.17kcal (10.01%), Fat: 4.57g (7.03%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 34.7g (12.62%), Sugar: 19.12g (21.25%), Cholesterol: 29.56mg (9.85%), Sodium: 321.69mg (13.99%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 4.5g (9%), Selenium: 10.57µg (15.1%), Vitamin B1: 0.19mg (12.81%), Manganese: 0.25mg (12.39%), Vitamin B2: 0.19mg (11.42%), Folate: 45.34µg (11.34%), Calcium: 99.24mg (9.92%), Phosphorus: 92.15mg (9.22%), Iron: 1.33mg (7.36%), Vitamin B3: 1.28mg (6.4%), Magnesium: 14.64mg (3.66%), Vitamin E: 0.54mg (3.61%), Fiber: 0.9g (3.59%), Zinc: 0.53mg (3.57%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.2µg (3.38%), Copper: 0.07mg (3.35%), Potassium: 96.26mg (2.75%), Vitamin D: 0.32µg (2.13%), Vitamin B6: 0.04mg (1.91%), Vitamin K: 1.82µg (1.73%), Vitamin C: 1.2mg (1.45%), Vitamin A: 68.81IU (1.38%)