



Very Berry Baked Donuts

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



71 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 3 eggs beaten
- ☐ 1 tablespoon skim milk fat-free (skim)
- ☐ 2.3 cups flour all-purpose gold medal®
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 cup powdered sugar
- ☐ 1 drops food coloring red

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla
- ☐ 6 oz yogurt light fat free yoplait®

Equipment

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

Directions

- ☐ Heat oven to 325°F. Spray 24 donut cups in mini donut pans with cooking spray.
- ☐ In large bowl, stir together flour, granulated sugar, baking powder and salt. Stir in eggs, 1 cup milk and the yogurt. Fold in blueberries. Fill each donut cup 3/4 full.
- ☐ Bake 7 to 8 minutes or until donuts are puffed and edges pull away from pan.
- ☐ Remove donuts from pan. Cool completely on cooling rack, about 30 minutes.
- ☐ To make glaze, beat powdered sugar, 1 tablespoon milk and the vanilla with whisk until smooth. Stir in food color to tint glaze pale pink. Dip top of each donut into glaze. Decorate with candy sprinkles.
- ☐ Let stand until glaze is set before serving.

Nutrition Facts



Properties

Glycemic Index:13.72, Glycemic Load:7.32, Inflammation Score:-1, Nutrition Score:2.7586956516556%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 70.61kcal (3.53%), Fat: 0.89g (1.37%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 12.91g (4.69%), Sugar: 3.98g (4.42%), Cholesterol: 21.4mg (7.13%), Sodium: 88.9mg (3.87%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 2.22g (4.43%), Selenium: 5.85µg (8.36%), Vitamin B1: 0.1mg (6.59%), Folate: 24.91µg (6.23%), Vitamin B2: 0.1mg (5.71%), Manganese: 0.1mg (5.14%), Calcium: 44.04mg (4.4%), Phosphorus: 42.65mg (4.26%), Iron: 0.72mg (3.99%), Vitamin B3: 0.73mg (3.64%), Fiber: 0.47g (1.86%), Vitamin B5: 0.17mg (1.73%), Zinc: 0.21mg (1.39%), Vitamin B12: 0.08µg (1.31%), Copper: 0.03mg (1.27%), Vitamin K: 1.26µg (1.2%), Magnesium: 4.67mg (1.17%), Potassium: 37.13mg (1.06%), Vitamin B6: 0.02mg (1.02%)