



Very Berry Baked Doughnuts

READY IN



60 min.

SERVINGS



24

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.3 cups flour all-purpose
- 1 tablespoon granulated sugar
- 1 tablespoon double-acting baking powder
- 0.3 teaspoon salt
- 3 eggs beaten
- 1 cup skim milk fat-free (skim)
- 6 oz pink lemonade kool-aid light fat free yoplait®
- 1 cup blueberries fresh
- 0.5 cup powdered sugar

- 1 tablespoon skim milk fat-free (skim)
- 0.3 teaspoon vanilla
- 1 drops food coloring red
- 1 serving sprinkles

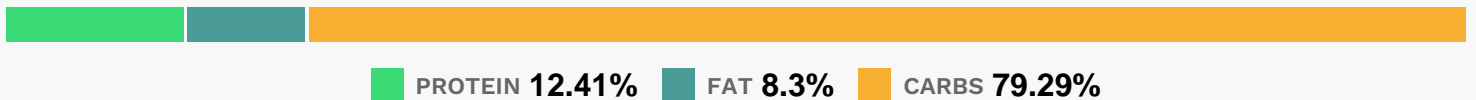
Equipment

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

Directions

- Heat oven to 325°F. Spray 24 doughnut cups in mini doughnut 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 doughnut cup 3/4 full.
- Bake 7 to 8 minutes or until doughnuts are puffed and edges pull away from pan.
- Remove doughnuts 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 doughnut into glaze. Decorate with candy sprinkles.
- Let stand until glaze is set before serving.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:8, Inflammation Score:-1, Nutrition Score:2.9026087133781%

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: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 75.11kcal (3.76%), Fat: 0.69g (1.06%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 14.37g (5.22%), Sugar: 5.38g (5.98%), Cholesterol: 20.78mg (6.93%), Sodium: 90.28mg (3.93%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 2.32g (4.64%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.1mg (6.84%), Folate: 24.62µg (6.15%), Vitamin B2: 0.1mg (5.9%), Manganese: 0.1mg (5.14%), Calcium: 48.94mg (4.89%), Phosphorus: 46.84mg (4.68%), Iron: 0.71mg (3.97%), Vitamin B3: 0.73mg (3.67%), Vitamin B12: 0.11µg (1.86%), Fiber: 0.47g (1.86%), Vitamin B5: 0.18mg (1.82%), Vitamin D: 0.23µg (1.53%), Zinc: 0.21mg (1.41%), Magnesium: 5.05mg (1.26%), Copper: 0.02mg (1.24%), Potassium: 43.2mg (1.23%), Vitamin B6: 0.02mg (1.2%), Vitamin K: 1.24µg (1.18%), Vitamin A: 55.13IU (1.1%)