

Baked Whole Wheat Doughnuts

Grains/Breads

Grains/Breads

A-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs OR		2 each		4 each	1. In a bowl, whisk eggs until foamy.
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Brown sugar	6 oz	3/4 cup	12 oz	1 1/2 cups	2. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine.
Honey		1/4 cup	6 oz	1/2 cup	
Lowfat plain yogurt	4 oz	1/2 cup	8 oz	1 cup	3. In a bowl, combine flours, baking powder, baking soda, cinnamon, ginger, and cloves. Sift dry ingredients into egg mixture 1 cup at a time, stirring lightly after each addition until a soft dough is formed.
Vegetable oil		1/4 cup		1/2 cup	
All-purpose flour	12 oz	2 1/3 cups	1 lb 8 oz	1 qt 2/3 cup	
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Baking powder		2 tsp		1 Tbsp 1 tsp	
Baking soda		1 tsp		2 tsp	
Ground cinnamon		1/4 tsp		1/2 tsp	
Ground ginger		1/4 tsp		1/2 tsp	
Ground cloves		1/4 tsp		1/2 tsp	
					5. On a well-floured surface, roll out dough to a 1/2" thickness. Cut doughnuts with a floured doughnut cutter and place 12 doughnuts on each well-oiled or paper-lined half-sheet pan (18" x 13" x 1"). Spray tops of doughnut lightly with cooking spray.
Sugar	4 oz	1/2 cup	8 oz	1 cup	6. Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture.
Ground cinnamon		1 1/2 tsp		1 Tbsp	
					7. To Bake: Conventional Oven: 350 degrees F, 6 to 8 minutes Convection Oven: 300 degrees F, 6 to 8 minutes Bake until lightly browned.

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SERVING:	YIELD:	VOLUME:
1 doughnut provides the equivalent of 1 1/4 slices of bread	25 Servings: 1 lb 14 oz 50 Servings: 3 lb 12 oz	25 Servings: 50 Servings:

Nutrients Per Serving			
Calories	152	Saturated Fat	.6 g
Protein	3 g	Cholesterol	20 mg
Carbohydrate	29 g	Vitamin A	9 RE/32 IU
Total Fat	3.0 g	Vitamin C	0 mg
		Iron	1.2 mg
		Calcium	44 mg
		Sodium	102 mg
		Dietary Fiber	1 g