

# Baked Whole Wheat Doughnuts

Grains/Breads

Grains/Breads

A-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	1. In a bowl, whisk eggs until foamy.
OR Fresh large eggs		OR 3 each		OR 5 each	
Brown sugar, packed	6 oz	¾ cup	12 oz	1 ½ cups	2. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine.
Honey	3 oz	¼ cup	6 oz	½ cup	
Lowfat plain yogurt	4 oz	½ cup	8 oz	1 cup	
Vegetable oil		¼ cup		½ cup	
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	3. Combine flours, baking powder, baking soda, cinnamon, ginger, and cloves in a separate bowl. Sift dry ingredients into egg mixture, 1 cup at a time. Stir lightly after each addition until a soft dough is formed.
Baking powder		2 tsp		1 Tbsp 1 tsp	
Baking soda		1 tsp		2 tsp	
Ground cinnamon		¼ tsp		½ tsp	
Ground ginger		¼ tsp		½ tsp	
Ground cloves		¼ tsp		½ tsp	
					4. Cover with plastic and refrigerate for at least 1 hour.
					5. On a well-floured surface, roll out dough to a ½" thickness. Cut doughnuts with a floured doughnut cutter. Combine unused dough and continue process until all dough is used. Place doughnuts 3 across and 4 down onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. Spray tops of doughnuts lightly with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.

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Sugar	4 oz	½ cup	8 oz	1 cup	6. Topping: Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture.
Ground cinnamon		1 ½ tsp		1 Tbsp	
					7. Bake until lightly browned: Conventional oven: 350° F for 6-8 minutes Convection oven: 300° F for 6-8 minutes
					8. Portion is 1 doughnut.
					9. No CCP necessary.

SERVING:	YIELD:	VOLUME:
1 doughnut provides the equivalent of 1 ¼ slices of bread.	<b>24 Servings:</b> 1 lb 14 oz	<b>24 Servings:</b> 24 doughnuts 2 pans
	<b>48 Servings:</b> 3 lb 12 oz	<b>48 Servings:</b> 48 doughnuts 4 pans
Edited 2014		

Nutrients Per Serving					
<b>Calories</b>	140	<b>Saturated Fat</b>	0.55 g	<b>Iron</b>	1.17 mg
<b>Protein</b>	3.13 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	50 mg
<b>Carbohydrate</b>	25.45 g	<b>Vitamin A</b>	33 IU	<b>Sodium</b>	95 mg
<b>Total Fat</b>	3.07 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	1.1 g