

Baked Whole Wheat Doughnuts

Meal Components: Grains

Breads, Breakfast, A-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	1. In a bowl, whisk eggs until foamy.
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Brown sugar, packed	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	3 oz	1/4 cup	6 oz	1/2 cup	
Low-fat plain yogurt	4 oz	1/2 cup	8 oz	1 cup	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.
Vegetable oil		1/4 cup		1/2 cup	
Whole wheat/enriched blend flour	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups	
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	

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	
					<p>4. Cover with plastic and refrigerate for at least 1 hour.</p> <p>5. On a well-floured surface, roll out dough to a 1/2" 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")</p>
Sugar	4 oz	1/2 cup	8 oz	1 cup	<p>6. Topping: Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture.</p>
Ground cinnamon		1 1/2 tsp		1 Tbsp	<p>7. Bake until lightly browned: Conventional oven: 350° F for 6-8 minutes Convection oven: 300° F for 6-8 minutes</p> <p>8. Portion is 1 doughnut.</p> <p>9. No CCP necessary.</p>

Notes

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Serving	Yield	Volume
1 doughnut provides the equivalent of 1 ¼ slices of bread or 1¼ oz equivalents of grain.	24 Servings: 1 lb 14 oz 48 Servings: 3 lb 12 oz	24 Servings: 24 doughnuts 2 pans 48 Servings: 48 doughnuts 4 pans

Nutrients Per Serving					
Calories	140	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol	20 mg	Calcium	50 mg
Carbohydrate	25 g	Vitamin A	33	Sodium	95 mg
Total Fat	3 g		unknown	Dietary Fiber	1 g
		Vitamin C			