



Baked Bourbon Chocolate Glazed Doughnuts

READY IN



60 min.

SERVINGS



12

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 15 oz duncan hines devil's food cake gluten free
- 0.3 cup sugar
- 0.5 teaspoon salt
- 0.8 cup milk
- 2 eggs beaten
- 16 oz chocolate frosting
- 1 tablespoon bourbon
- 0.3 cup sprinkles
- 1 cup frangelico

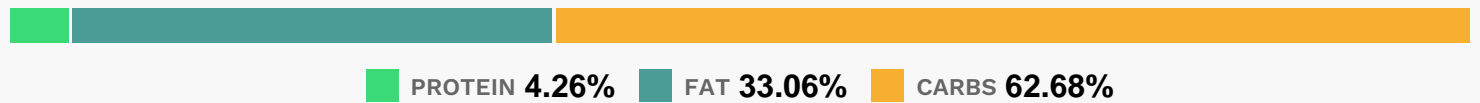
Equipment

- bowl
- oven
- wire rack

Directions

- Heat oven to 325°F. Lightly spray 2 doughnut pans with cooking spray.
- In large bowl, mix cake mix, Bisquick mix, sugar and salt. Stir in milk and eggs.
- Mix until well combined. Fill each doughnut cup three-fourths full.
- Bake 8 to 10 minutes or until doughnuts spring back when touched. Cool in pans 10 minutes; remove to cooling rack. Cool completely.
- Meanwhile, in small bowl, stir frosting and bourbon with spoon until smooth. Dip one side of each doughnut into glaze; top with nonpareils.

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:3.18, Inflammation Score:-2, Nutrition Score:5.5691304103188%

Nutrients (% of daily need)

Calories: 354.4kcal (17.72%), Fat: 13.55g (20.85%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 57.81g (19.27%), Net Carbohydrates: 56.62g (20.59%), Sugar: 43.33g (48.15%), Cholesterol: 29.11mg (9.7%), Sodium: 474.68mg (20.64%), Alcohol: 0.42g (100%), Alcohol %: 0.5% (100%), Caffeine: 4.65mg (1.55%), Protein: 3.93g (7.86%), Phosphorus: 155.51mg (15.55%), Iron: 2.26mg (12.57%), Copper: 0.22mg (11.17%), Selenium: 7.26µg (10.38%), Manganese: 0.17mg (8.65%), Calcium: 79.15mg (7.91%), Vitamin E: 1.07mg (7.12%), Vitamin B2: 0.12mg (6.97%), Magnesium: 27.31mg (6.83%), Folate: 25.8µg (6.45%), Potassium: 224.15mg (6.4%), Vitamin B1: 0.08mg (5.11%), Fiber: 1.19g (4.76%), Zinc: 0.55mg (3.68%), Vitamin B3: 0.63mg (3.17%), Vitamin B12: 0.15µg (2.46%), Vitamin B5: 0.23mg (2.28%), Vitamin D: 0.31µg (2.1%), Vitamin B6: 0.04mg (1.87%), Vitamin K: 1.41µg (1.35%), Vitamin A: 65.75IU (1.31%)