



Baked Bourbon Chocolate Glazed Doughnuts

READY IN



60 min.

SERVINGS



12

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup duncan hines devil's food cake (from 15.25-oz box)
- 1 tablespoon bourbon
- 0.5 cup chocolate frosting (from 16-oz container)
- 2 eggs beaten
- 0.8 cup milk
- 0.3 cup sprinkles
- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 cup frangelico

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Equipment

bowl

oven

wire rack

Directions

Heat oven to 325F. Lightly spray 2 doughnut pans with cooking spray.

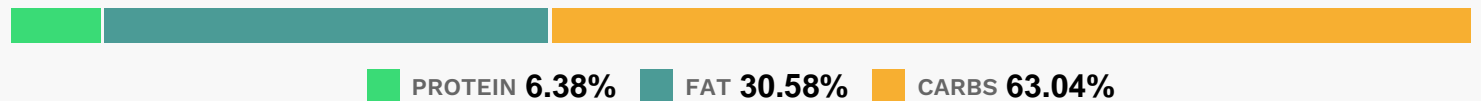
In large bowl, mix cake mix, Bisquick mix, sugar and salt. Stir in milk and eggs.

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:-1, Nutrition Score:2.1504347674225%

Nutrients (% of daily need)

Calories: 122.15kcal (6.11%), Fat: 4.2g (6.46%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 19.21g (6.99%), Sugar: 16.26g (18.06%), Cholesterol: 29.11mg (9.7%), Sodium: 192.26mg (8.36%), Alcohol: 0.42g (100%), Alcohol %: 1.09% (100%), Protein: 1.97g (3.94%), Phosphorus: 57.66mg (5.77%), Selenium: 3.57µg (5.1%), Vitamin B2: 0.07mg (4.06%), Calcium: 34.97mg (3.5%), Iron: 0.6mg (3.35%), Copper: 0.05mg (2.74%), Vitamin B12: 0.15µg (2.46%), Potassium: 76.33mg (2.18%), Manganese: 0.04mg (2.13%), Vitamin E: 0.31mg (2.1%), Vitamin D: 0.31µg (2.1%), Folate: 8.19µg (2.05%), Magnesium: 8.22mg (2.05%), Vitamin B5: 0.18mg (1.82%), Vitamin B1: 0.03mg (1.7%), Zinc: 0.25mg (1.64%), Vitamin A: 64.62IU (1.29%), Vitamin B6: 0.03mg (1.26%), Fiber: 0.26g (1.06%)