



Baked Bourbon Doughnuts

READY IN



60 min.

SERVINGS



12

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup duncan hines classic decadent cake mix yellow (from 15.25-oz box)
- 0.3 cup sugar
- 0.5 teaspoon salt
- 0.8 cup milk
- 2 eggs beaten
- 16 oz vanilla frosting (from 16-oz container)
- 1 tablespoon bourbon
- 0.3 cup pecans chopped
- 1 cup frangelico

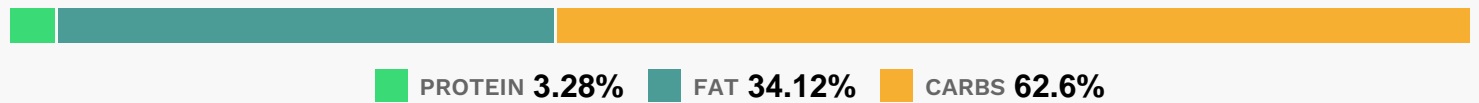
Equipment

- 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 chopped pecans.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:14.23, Inflammation Score:-1, Nutrition Score:3.2278260367558%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 246.44kcal (12.32%), Fat: 9.3g (14.3%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 38.05g (13.84%), Sugar: 32.73g (36.36%), Cholesterol: 29.11mg (9.7%), Sodium: 246.38mg (10.71%), Alcohol: 0.42g (100%), Alcohol %: 0.68% (100%), Protein: 2.01g (4.02%), Vitamin B2: 0.19mg (11.32%), Phosphorus: 74.03mg (7.4%), Manganese: 0.12mg (6.22%), Vitamin E: 0.77mg (5.16%), Vitamin K: 5.31µg (5.06%), Selenium:

3.48µg (4.97%), Calcium: 45.81mg (4.58%), Vitamin B1: 0.05mg (3.35%), Folate: 13.4µg (3.35%), Vitamin B12: 0.15µg (2.46%), Iron: 0.43mg (2.38%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.33mg (2.2%), Vitamin D: 0.31µg (2.1%), Copper: 0.04mg (2.04%), Vitamin B3: 0.35mg (1.75%), Potassium: 60.98mg (1.74%), Magnesium: 6.85mg (1.71%), Vitamin B6: 0.03mg (1.46%), Vitamin A: 65.58IU (1.31%), Fiber: 0.32g (1.28%)