



Baked Bourbon Doughnuts

READY IN



60 min.

SERVINGS



12

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

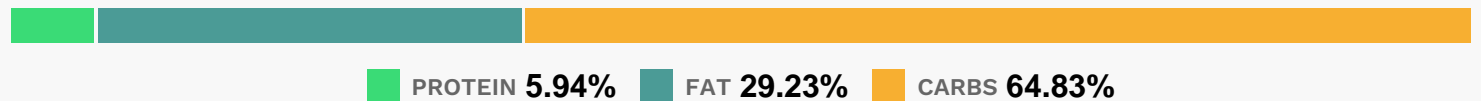
In large bowl, mix cake mix, Bisquick mix, sugar and salt. Stir in milk and eggs.

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 chopped pecans.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:5.94, Inflammation Score:-1, Nutrition Score:2.9952174074462%

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: 148.03kcal (7.4%), Fat: 4.77g (7.34%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 23.41g (8.51%), Sugar: 17.35g (19.28%), Cholesterol: 29.11mg (9.7%), Sodium: 238.13mg (10.35%), Alcohol: 0.42g (100%), Alcohol %: 0.97% (100%), Protein: 2.18g (4.36%), Phosphorus: 83.8mg (8.38%), Vitamin B2:

0.12mg (7.11%), Manganese: 0.13mg (6.69%), Calcium: 56.04mg (5.6%), Selenium: 3.11µg (4.44%), Vitamin B1: 0.06mg (4.11%), Folate: 14.75µg (3.69%), Iron: 0.51mg (2.84%), Vitamin B12: 0.16µg (2.71%), Vitamin E: 0.4mg (2.64%), Vitamin B5: 0.25mg (2.48%), Copper: 0.04mg (2.2%), Vitamin D: 0.31µg (2.1%), Vitamin B3: 0.41mg (2.06%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.9%), Magnesium: 7.03mg (1.76%), Vitamin K: 1.8µg (1.71%), Fiber: 0.4g (1.58%), Potassium: 52.59mg (1.5%), Vitamin A: 65.58IU (1.31%)