



Baked Confetti Doughnuts

READY IN



60 min.

SERVINGS



12

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs beaten
- 0.8 cup milk
- 0.3 cup sprinkles
- 3 tablespoons sprinkles
- 0.5 teaspoon salt
- 0.3 cup sugar
- 0.5 cup vanilla frosting (from 16-oz container)
- 1 tablespoon water
- 0.8 cup cake mix yellow (from 15.25-oz box)

- 1 cup frangelico
- 1 cup frangelico

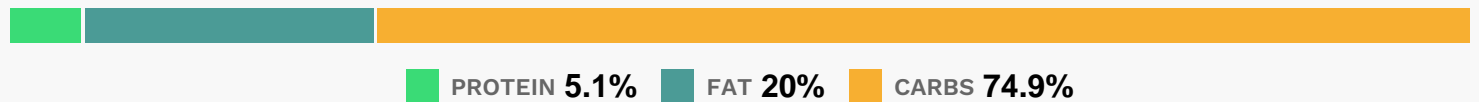
Equipment

- 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. Stir in 3 tablespoons nonpareils. 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 warm water with spoon until smooth. Dip one side of each doughnut into glaze; top with 1/4 cup nonpareils.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:5.93, Inflammation Score:-1, Nutrition Score:2.4539130252341%

Nutrients (% of daily need)

Calories: 154.13kcal (7.71%), Fat: 3.44g (5.29%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 28.8g (10.47%), Sugar: 22.57g (25.08%), Cholesterol: 29.11mg (9.7%), Sodium: 238.18mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Phosphorus: 77.46mg (7.75%), Vitamin B2: 0.12mg (6.94%), Calcium: 54.49mg (5.45%), Selenium: 3.02µg (4.31%), Folate: 14.26µg (3.56%), Vitamin B1: 0.05mg (3.1%), Vitamin B12: 0.16µg (2.71%), Iron: 0.45mg (2.52%), Vitamin E: 0.36mg (2.43%), Vitamin B5: 0.23mg (2.28%), Vitamin D: 0.31µg (2.1%), Vitamin B3: 0.38mg (1.92%), Vitamin B6: 0.03mg (1.66%), Vitamin K: 1.72µg (1.64%), Manganese: 0.03mg (1.57%), Zinc: 0.2mg (1.36%), Vitamin A: 64.31IU (1.29%), Potassium: 43.25mg (1.24%), Magnesium: 4.3mg (1.07%)