



Caramel Pretzel Doughnuts

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 0.7 cup brown sugar packed
- 0.3 cup milk
- 2 tablespoons granulated sugar
- 0.7 cup milk
- 1 teaspoon vanilla
- 1 eggs
- 2 tablespoons butter melted
- 0.5 cup powdered sugar

- 1 cup pretzel twists
- 0.3 cup coconut flakes flaked
- 2 cups frangelico

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- toothpicks
- ziploc bags

Directions

- Heat oven to 425°F. Spray doughnut pan with cooking spray. In 2-quart saucepan, melt 1/3 cup butter over medium heat. Stir in brown sugar.
- Heat to boiling, stirring constantly. Stir in 3 tablespoons of the milk; return to boiling.
- Remove from heat; cool to room temperature.
- Meanwhile, in medium bowl, stir Bisquick mix, granulated sugar, 2/3 cup milk, the vanilla and egg until blended. Stir in melted butter. Spoon batter into resealable food-storage plastic bag; seal bag.
- Cut off small corner of bag; squeeze bag to pipe batter into pan, using about 1/4 cup for each doughnut.
- Bake 7 to 9 minutes or until toothpick inserted near center comes out clean. Immediately remove doughnuts from pan to cooling rack; cool completely.
- Gradually beat powdered sugar into brown sugar mixture with whisk until smooth, adding remaining 1 tablespoon milk if needed. Glaze doughnuts; sprinkle with pretzels and coconut.

Nutrition Facts



■ PROTEIN 3.61% ■ FAT 46.16% ■ CARBS 50.23%

Properties

Glycemic Index:23.26, Glycemic Load:3.99, Inflammation Score:-2, Nutrition Score:2.3291304305844%

Nutrients (% of daily need)

Calories: 182.23kcal (9.11%), Fat: 9.55g (14.69%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 22.87g (8.32%), Sugar: 19.95g (22.16%), Cholesterol: 20.89mg (6.96%), Sodium: 135.12mg (5.87%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Protein: 1.68g (3.36%), Vitamin A: 333.85IU (6.68%), Manganese: 0.11mg (5.42%), Calcium: 39.25mg (3.93%), Phosphorus: 38mg (3.8%), Vitamin B2: 0.06mg (3.61%), Selenium: 2.28µg (3.26%), Vitamin B12: 0.14µg (2.39%), Iron: 0.4mg (2.2%), Vitamin E: 0.32mg (2.16%), Folate: 8.6µg (2.15%), Potassium: 73.83mg (2.11%), Fiber: 0.51g (2.02%), Vitamin B1: 0.03mg (1.94%), Vitamin D: 0.28µg (1.86%), Vitamin B5: 0.18mg (1.81%), Magnesium: 7.2mg (1.8%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.65%), Zinc: 0.21mg (1.43%), Vitamin B3: 0.24mg (1.2%)