



Easy Baked Chocolate Glazed Doughnuts

READY IN



60 min.

SERVINGS



12

CALORIES



105 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

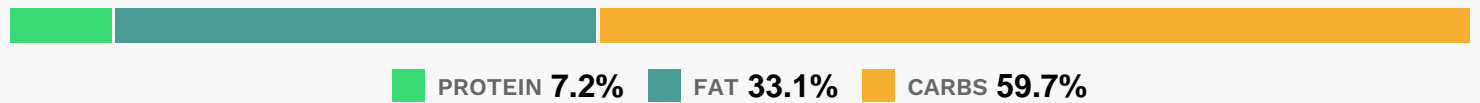
Equipment

- 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. 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 water with spoon until smooth. Dip one side of each doughnut into glaze.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:3.18, Inflammation Score:-1, Nutrition Score:2.1495652030344%

Nutrients (% of daily need)

Calories: 105.16kcal (5.26%), Fat: 4.03g (6.19%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 16.08g (5.85%), Sugar: 13.22g (14.69%), Cholesterol: 29.11mg (9.7%), Sodium: 192.32mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Phosphorus: 57.61mg (5.76%), Selenium: 3.57µg (5.1%), Vitamin B2: 0.07mg (4.06%), Calcium: 35.01mg (3.5%), Iron: 0.6mg (3.35%), Copper: 0.05mg (2.74%), Vitamin B12: 0.15µg (2.46%), Potassium: 76.31mg (2.18%), Manganese: 0.04mg (2.12%), Vitamin E: 0.31mg (2.1%), Vitamin D: 0.31µg (2.1%), Magnesium: 8.23mg (2.06%), Folate: 8.19µg (2.05%), Vitamin B5: 0.18mg (1.82%), Vitamin B1: 0.03mg (1.7%), Zinc: 0.25mg (1.63%), Vitamin A: 64.62IU (1.29%), Vitamin B6: 0.03mg (1.26%), Fiber: 0.26g (1.06%)