



Apple Pie Cupcakes

READY IN



60 min.

SERVINGS



8

CALORIES



541 kcal

DESSERT

Ingredients

- 2 tablespoons butter unsalted
- 2 large apples i use 2 granny smith apples diced cored peeled
- 2 tablespoons brown sugar packed
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon salt
- 1.5 juice of lemon
- 2 tablespoons butter unsalted
- 0.3 cup flour all-purpose
- 0.3 cup brown sugar packed

- 0.3 cup walnut pieces chopped
- 12.4 oz cinnamon bun dough refrigerated with original icing (8 count) canned
- 7 oz whipped cream
- 22 oz mrs richardson's butterscotch caramel sauce

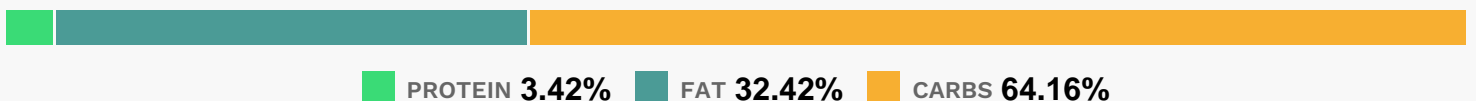
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Heat oven to 400°F. Lightly spray 8 regular-size muffin cups with cooking spray.
- In 10-inch skillet, melt 2 tablespoons butter over medium-high heat.
- Add apples; cook about 5 minutes, stirring occasionally, until softened.
- Sprinkle with 2 tablespoons brown sugar, the cinnamon and salt. Cook 5 minutes longer or until tender. Stir in lemon juice.
- Meanwhile, in small bowl, mix Topping ingredients with fork or hands until crumbly. Set aside.
- Separate dough into 8 rolls. Flatten each into 4-inch round; place in muffin cup.
- Divide Apple Filling evenly onto rolls in muffin cups. Divide Topping evenly over Filling.
- Bake 10 to 12 minutes or until bubbly and tops are lightly browned. Cool slightly before removing from muffin cups. Cool completely, about 30 minutes.
- Serve cupcakes topped with whipped cream and a drizzle of syrup.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:18.91, Inflammation Score:-3, Nutrition Score:4.6621739190558%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 541.37kcal (27.07%), Fat: 20.41g (31.39%), Saturated Fat: 10.14g (63.38%), Carbohydrates: 90.86g (30.29%), Net Carbohydrates: 89.09g (32.4%), Sugar: 71.6g (79.56%), Cholesterol: 33.9mg (11.3%), Sodium: 623.71mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Manganese: 0.24mg (11.97%), Vitamin A: 446.56IU (8.93%), Calcium: 82.26mg (8.23%), Phosphorus: 78.09mg (7.81%), Fiber: 1.77g (7.09%), Iron: 1.14mg (6.33%), Vitamin C: 5.18mg (6.28%), Potassium: 189.03mg (5.4%), Copper: 0.09mg (4.42%), Magnesium: 17.49mg (4.37%), Selenium: 3.06µg (4.37%), Vitamin B1: 0.06mg (4.23%), Folate: 16.15µg (4.04%), Vitamin B12: 0.22µg (3.74%), Vitamin B2: 0.06mg (3.45%), Vitamin E: 0.5mg (3.33%), Vitamin B6: 0.06mg (3.07%), Vitamin B5: 0.3mg (2.99%), Vitamin K: 2.34µg (2.23%), Vitamin B3: 0.36mg (1.8%), Zinc: 0.27mg (1.79%), Vitamin D: 0.2µg (1.36%)