

Apple Pie Cupcakes



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



67 kcal

DESSERT

Ingredients

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

Equipment

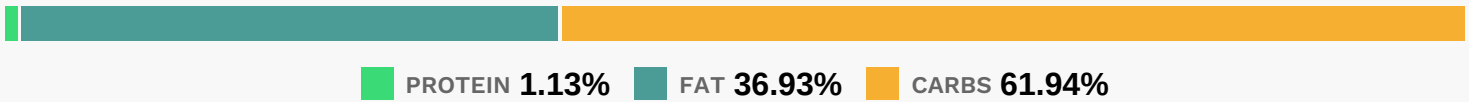
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400F. 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:4.63, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:1.3108695648287%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg 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: 67.03kcal (3.35%), Fat: 2.95g (4.54%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 9.71g (3.53%), Sugar: 8.85g (9.84%), Cholesterol: 7.53mg (2.51%), Sodium: 38.19mg (1.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.41%), Vitamin C: 4.75mg (5.75%), Fiber: 1.42g (5.69%), Vitamin A: 118.28IU (2.37%), Manganese: 0.04mg (2.21%), Potassium: 70.82mg (2.02%), Vitamin K: 1.51µg (1.44%), Vitamin B6: 0.03mg (1.35%), Vitamin E: 0.19mg (1.29%)