



Apple-Spice Cupcakes with Walnuts and Blue Cheese

 Vegetarian

READY IN



72 min.

SERVINGS



14

CALORIES



551 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.8 cup buttermilk
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 large eggs

- ☐ 1 apples i use 2 granny smith apples cored peeled chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 14 servings honey for drizzling
- ☐ 1.7 cups unbleached pastry flour
- ☐ 4 cups powdered sugar divided sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 1 cup butter unsalted (2 sticks)
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 tablespoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup walnuts finely chopped
- ☐ 0.3 cup water

Equipment

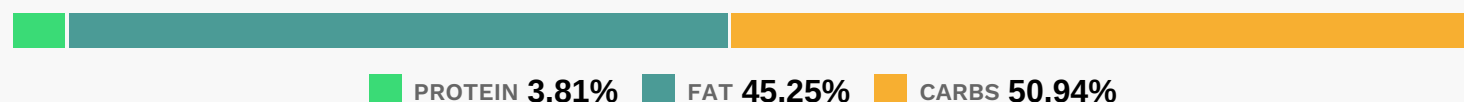
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

- ☐ hand mixer
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ For the filling: In a saucepan, combine the sugar, water, apples, cinnamon, and salt. Cook until the apples soften, about 3 minutes.
- ☐ Remove from the heat and add the vanilla. Cool.
- ☐ For the cupcakes: Preheat the oven to 325 degrees F. Line standard cupcake pans with 14 cupcake liners.
- ☐ Sift the flour, baking powder, baking soda, sea salt, cinnamon, nutmeg, cloves, allspice, ginger, and cayenne pepper into a medium bowl and whisk together. In a liquid measuring cup, mix the buttermilk and vanilla extract. In the bowl of an electric mixer fitted with the paddle attachment, cream the butter and sugar, about 5 minutes.
- ☐ Add the eggs, 1 at a time, scraping down the sides of the bowl after each addition. Turn the mixer to the lowest speed and alternate adding the flour mixture and buttermilk mixture, beginning and ending with the flour.
- ☐ Fill the cupcake liners 3/4 full.
- ☐ Place 1 teaspoon Apple Filling on top of each cupcake and lightly swirl into the batter.
- ☐ Bake until golden brown, 17 to 20 minutes. Cool the cupcakes completely.
- ☐ For the frosting: In the bowl of an electric mixer fitted with the paddle attachment, cream the butter with the salt until smooth.
- ☐ Add 1/2 the powdered sugar and mix thoroughly.
- ☐ Add the cream, vanilla, and remaining powdered sugar and beat to desired consistency.
- ☐ Combine the walnuts and blue cheese, making sure to crumble the mixture after it is combined. Set aside.
- ☐ To assemble: Frost each cupcake with a wide, flat "pillow" of vanilla frosting. Dip the frosted cupcake into the walnut and blue cheese topping. To finish, drizzle the cupcake with honey.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:16.33, Inflammation Score:-5, Nutrition Score:8.4400000131649%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 550.91kcal (27.55%), Fat: 28.49g (43.83%), Saturated Fat: 16.16g (101.02%), Carbohydrates: 72.16g (24.05%), Net Carbohydrates: 69.79g (25.38%), Sugar: 59.79g (66.44%), Cholesterol: 93.5mg (31.17%), Sodium: 343.71mg (14.94%), Alcohol: 0.54g (100%), Alcohol %: 0.44% (100%), Protein: 5.4g (10.8%), Manganese: 0.84mg (42.18%), Selenium: 13.31µg (19.01%), Vitamin A: 854.71IU (17.09%), Phosphorus: 128.64mg (12.86%), Fiber: 2.37g (9.5%), Calcium: 87.85mg (8.78%), Vitamin B2: 0.15mg (8.55%), Magnesium: 32.23mg (8.06%), Copper: 0.15mg (7.72%), Vitamin B1: 0.1mg (6.81%), Vitamin E: 0.91mg (6.1%), Vitamin B6: 0.12mg (5.92%), Zinc: 0.85mg (5.68%), Vitamin D: 0.83µg (5.57%), Iron: 0.95mg (5.28%), Folate: 17.86µg (4.46%), Vitamin B3: 0.88mg (4.39%), Potassium: 148.49mg (4.24%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.24µg (3.94%), Vitamin K: 3.01µg (2.87%)