



Caramel Apple Cupcakes

READY IN



75 min.

SERVINGS



24

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 35 caramels
- ☐ 24 wooden craft sticks
- ☐ 3 eggs
- ☐ 0.3 cup evaporated milk
- ☐ 1 large apples i use 2 granny smith apples cored chopped
- ☐ 0.5 cup peanuts chopped
- ☐ 18.3 ounce spice cake mix
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups water

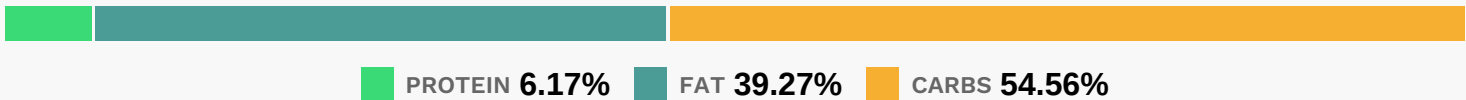
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 24 cupcake cups with paper liners.
- ☐ Place cake mix into a large bowl, and pour in water, vegetable oil, and eggs. With an electric mixer on low speed, beat until moistened and combined, about 30 seconds. Increase mixer speed to medium, and beat for 2 minutes. Stir in the chopped apple, and fill the prepared cupcake cups about 2/3 full.
- ☐ Bake in the preheated oven until lightly browned and a wooden toothpick inserted into the center of a cupcake comes out clean, about 20 minutes.
- ☐ Remove cupcake pans to a wire rack to cool.
- ☐ When cupcakes have cooled, melt the caramels with evaporated milk in a saucepan over low heat, stirring constantly until smooth and combined, about 4 minutes.
- ☐ Spread the caramel icing over the cupcakes, and sprinkle with chopped peanuts. Insert a wooden stick into the center of each cupcake.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:7.68, Inflammation Score:-1, Nutrition Score:4.4895651755126%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 210.82kcal (10.54%), Fat: 9.44g (14.52%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 28.55g (10.38%), Sugar: 20.91g (23.23%), Cholesterol: 22.24mg (7.41%), Sodium: 192.57mg (8.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Manganese: 0.21mg (10.54%), Phosphorus: 95.35mg (9.53%), Vitamin K: 8.62µg (8.21%), Vitamin B2: 0.13mg (7.72%), Vitamin B1: 0.11mg (7.65%), Iron: 1.27mg (7.08%), Folate: 23.39µg (5.85%), Calcium: 56.1mg (5.61%), Vitamin B3: 1.09mg (5.43%), Copper: 0.09mg (4.67%), Potassium: 163.24mg (4.66%), Selenium: 2.7µg (3.86%), Fiber: 0.94g (3.77%), Magnesium: 15.05mg (3.76%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.45mg (2.98%), Vitamin B6: 0.05mg (2.25%), Zinc: 0.31mg (2.05%), Vitamin B12: 0.1µg (1.62%), Vitamin A: 65.72IU (1.31%)