



Caramel Apple Cupcakes

READY IN



60 min.

SERVINGS



18

CALORIES



244 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1 cup apple sauce
- 1 tablespoon apple pie spice
- 25 individually wrapped caramels
- 0.5 cup peanuts finely chopped
- 18 you will also need: parchment paper (for decoration)
- 2 tablespoons frangelico

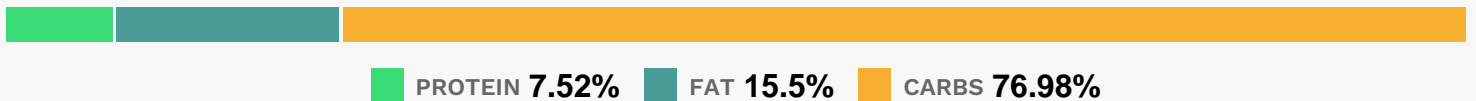
Equipment

- bowl
- oven
- wire rack
- toothpicks
- microwave
- muffin liners

Directions

- Heat oven to 325°F.
- Place paper baking cup in each of 18 regular-size muffin cups. Make cake batter as directed on box; gently stir in applesauce and apple pie spice. Divide batter evenly among muffin cups.
- Bake 17 to 22 minutes or until toothpick inserted near center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- In small microwavable bowl, microwave caramels and half-and-half on High 2 to 3 minutes, stirring every 30 seconds, until melted and smooth.
- Let cool about 10 minutes to thicken slightly. Dip tops of cupcakes into caramel mixture, then sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:6.99, Inflammation Score:-2, Nutrition Score:5.9669565895329%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 243.99kcal (12.2%), Fat: 4.28g (6.58%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 46.5g (16.91%), Sugar: 22.83g (25.37%), Cholesterol: 2.68mg (0.89%), Sodium: 353.14mg (15.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Manganese: 0.34mg (17.04%), Vitamin B1: 0.21mg (14.04%), Phosphorus: 137.07mg (13.71%), Vitamin B3: 2.38mg (11.9%), Folate: 46.65µg (11.66%), Vitamin B2: 0.18mg

(10.81%), Selenium: 6.83µg (9.76%), Calcium: 95.82mg (9.58%), Iron: 1.51mg (8.39%), Fiber: 1.27g (5.08%), Copper: 0.09mg (4.64%), Magnesium: 17.52mg (4.38%), Potassium: 101.22mg (2.89%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.37mg (2.48%), Vitamin E: 0.36mg (2.38%), Vitamin B12: 0.07µg (1.24%), Vitamin K: 1.25µg (1.19%)