



Caramel Apple Cupcakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



420 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 teaspoon baking soda
- ☐ 1 cup t brown sugar dark packed
- ☐ 0.5 cup butter melted
- ☐ 1 cup butter
- ☐ 1 tablespoon plus light
- ☐ 16 oz t brown sugar dark
- ☐ 2 large eggs

- ☐ 0.5 cup evaporated milk
- ☐ 4 large apples i use 2 granny smith apples peeled chopped
- ☐ 1 cup granulated sugar
- ☐ 2 teaspoon ground cinnamon
- ☐ 1 cups baking mix
- ☐ 24 servings pecans toasted
- ☐ 4 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups flour all-purpose

Equipment

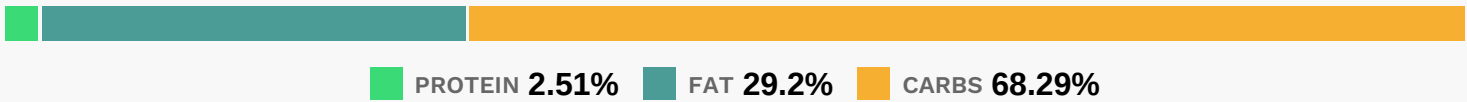
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees. Stir together first 5 ingredients in a large bowl until blended.
- ☐ Combine flour and next 3 ingredients; add to butter mixture, stirring until blended. Stir in apple.
- ☐ Place paper baking cups in 2 (12-cup) muffin pans, and coat with cooking spray; spoon batter into cups, filling two-thirds full.
- ☐ Bake for 12 to 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely.
- ☐ To prepare frosting, melt butter in a 3-qt. heavy saucepan over medium heat.
- ☐ Add brown sugar; bring to a boil, stirring constantly. Stir in evaporated milk, baking soda, and corn syrup; bring to a boil.
- ☐ Remove from heat, and let cool completely (about 1 hour).

- Transfer to a bowl. Gradually add powdered sugar to caramel mixture, beating at medium speed with an electric mixer until blended. Beat at high speed 2 minutes or until creamy. Use immediately. Makes 3 cups.
- Frost each cupcake with Old-Fashioned Caramel Frosting. Top each with toasted pecans and, if desired, 1 fresh crab apple.

Nutrition Facts



Properties

Glycemic Index:12.96, Glycemic Load:13.07, Inflammation Score:-3, Nutrition Score:4.6000000057013%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 420.34kcal (21.02%), Fat: 13.99g (21.52%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 73.6g (24.53%), Net Carbohydrates: 72.14g (26.23%), Sugar: 60.9g (67.66%), Cholesterol: 47.63mg (15.88%), Sodium: 329.92mg (14.34%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 2.71g (5.42%), Manganese: 0.2mg (9.82%), Vitamin B1: 0.13mg (8.59%), Selenium: 6.01µg (8.58%), Vitamin A: 410.91IU (8.22%), Vitamin B2: 0.13mg (7.67%), Folate: 29.74µg (7.44%), Phosphorus: 70.91mg (7.09%), Fiber: 1.46g (5.85%), Calcium: 58.33mg (5.83%), Iron: 1.01mg (5.6%), Vitamin B3: 0.94mg (4.7%), Potassium: 127.12mg (3.63%), Copper: 0.06mg (3.23%), Vitamin E: 0.48mg (3.19%), Magnesium: 11.31mg (2.83%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.05mg (2.38%), Vitamin C: 1.84mg (2.23%), Vitamin K: 2.3µg (2.19%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.09µg (1.49%)