



## Caramel Apple Muffins

 Vegetarian

READY IN



90 min.

SERVINGS



1

CALORIES



4532 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 14 oz caramels
- 1 serving craft sticks
- 1 serving cinnamon topping
- 2 large eggs
- 2 cups flour all-purpose
- 2 cups granny smith apples diced peeled

- 1 cup lightly salted chopped
- 0.5 teaspoon salt
- 8 oz cup heavy whipping cream sour
- 1 cup sugar
- 1 tablespoon vanilla extract
- 3 tablespoons whipping cream

## Equipment

- bowl
- oven
- hand mixer
- wax paper
- microwave
- muffin tray

## Directions

- Preheat oven to 37
- Prepare Cinnamon Topping as directed.
- Beat sour cream and next 3 ingredients at low speed with an electric mixer 30 seconds or until blended.
- Stir together flour and next 3 ingredients.
- Add to sour cream mixture, beating at low speed just until blended. (Do not overmix.) Stir in diced apples. Spoon into a lightly greased 12-cup muffin pan, filling three-fourths full; sprinkle with Cinnamon Topping.
- Bake at 375 for 18 to 20 minutes or until golden brown and a wooden pick inserted in center comes out clean. Immediately remove from pans to wire racks; cool completely (about 30 minutes).
- Microwave caramels and cream in a microwave-safe bowl at HIGH 1 to 2 minutes or until smooth, stirring at 30-second intervals.
- Let mixture stand, stirring occasionally, 5 minutes or until thick enough to coat muffins.

Quickly dip bottom three-fourths of each muffin into caramel mixture; roll bottom half of caramel-coated portion of muffin in chopped pecans, and place muffins, caramel sides up, on lightly greased wax paper. (If caramel mixture begins to harden before you've dipped all the muffins, microwave mixture a few seconds to soften.) Insert food-safe twigs or craft sticks into caramel-covered portions of muffins.

## Nutrition Facts

 **PROTEIN 5.77%**  **FAT 29.18%**  **CARBS 65.05%**

### Properties

Glycemic Index:371.09, Glycemic Load:487.46, Inflammation Score:-10, Nutrition Score:61.488261264303%

### Flavonoids

Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 18.83mg, Epicatechin: 18.83mg, Epicatechin: 18.83mg, Epicatechin: 18.83mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 10.03mg, Quercetin: 10.03mg, Quercetin: 10.03mg, Quercetin: 10.03mg

### Nutrients (% of daily need)

Calories: 4531.95kcal (226.6%), Fat: 149.85g (230.54%), Saturated Fat: 74.3g (464.35%), Carbohydrates: 751.68g (250.56%), Net Carbohydrates: 737.84g (268.31%), Sugar: 506g (562.22%), Cholesterol: 748.84mg (249.61%), Sodium: 3812.06mg (165.74%), Alcohol: 4.47g (100%), Alcohol %: 0.35% (100%), Protein: 66.64g (133.28%), Vitamin B2: 3.29mg (193.55%), Selenium: 133.62µg (190.89%), Vitamin B1: 2.51mg (167.35%), Calcium: 1493.65mg (149.36%), Folate: 543.76µg (135.94%), Phosphorus: 1324mg (132.4%), Manganese: 2.28mg (114.08%), Vitamin A: 4666.53IU (93.33%), Iron: 15.58mg (86.58%), Vitamin B3: 15.97mg (79.87%), Vitamin B5: 6.13mg (61.32%), Fiber: 13.84g (55.38%), Potassium: 1884.9mg (53.85%), Magnesium: 177.86mg (44.47%), Vitamin B12: 2.63µg (43.82%), Zinc: 5.82mg (38.79%), Vitamin B6: 0.72mg (36.04%), Copper: 0.65mg (32.45%), Vitamin E: 4.8mg (32%), Vitamin C: 16.23mg (19.67%), Vitamin K: 19.45µg (18.53%), Vitamin D: 2.72µg (18.13%)