



Caramel button cupcakes

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



655 kcal

DESSERT

Ingredients

- ☐ 175 g butter softened
- ☐ 175 g muscovado sugar light
- ☐ 2 large eggs
- ☐ 175 g self raising flour
- ☐ 2 tbsp milk
- ☐ 12 servings individually wrapped caramels homemade (see recipe in tips, below)
- ☐ 397 g individually wrapped caramels canned
- ☐ 200 g cream cheese

- ☐ 100 g butter salted softened
- ☐ 450 g powdered sugar

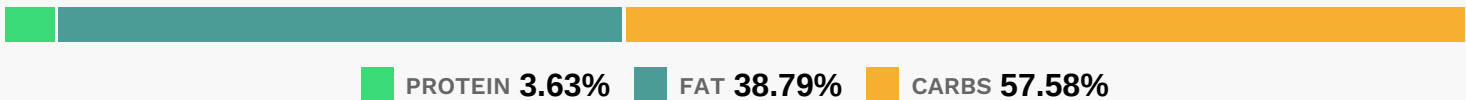
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ spatula
- ☐ skewers
- ☐ muffin tray
- ☐ apple corer

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with cases.
- ☐ Put the butter and sugar into a mixing bowl, cream with an electric whisk until smooth and pale.
- ☐ Add the eggs and whisk again, then add the flour and milk, and mix with a spatula until well combined. Divide the mixture between the muffin cases.
- ☐ Bake for 18–20 mins until springy and a skewer comes out clean. Leave to cool.
- ☐ Mix 140g of the Carnation Caramel with the cream cheese, butter and icing sugar with an electric hand whisk, until smooth. Chill for 10 mins.
- ☐ Cut a hole in the centre of each cupcake (we used an apple corer) and fill with remaining Carnation Caramel.
- ☐ Transfer the icing to a piping bag fitted with a round nozzle and swirl over the cupcakes. Will keep for 3 days if kept in the fridge.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:28.72, Inflammation Score:-4, Nutrition Score:5.5052174103001%

Nutrients (% of daily need)

Calories: 654.58kcal (32.73%), Fat: 28.92g (44.5%), Saturated Fat: 16.56g (103.48%), Carbohydrates: 96.59g (32.2%), Net Carbohydrates: 96.24g (35%), Sugar: 79.88g (88.75%), Cholesterol: 100.42mg (33.47%), Sodium: 323.15mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Vitamin A: 863.96IU (17.28%), Selenium: 11.23µg (16.05%), Vitamin B2: 0.21mg (12.58%), Phosphorus: 106.2mg (10.62%), Calcium: 103.53mg (10.35%), Vitamin E: 1.02mg (6.8%), Manganese: 0.14mg (6.77%), Vitamin B5: 0.61mg (6.08%), Vitamin B12: 0.29µg (4.88%), Potassium: 169.68mg (4.85%), Vitamin B1: 0.07mg (4.38%), Magnesium: 15.54mg (3.89%), Zinc: 0.54mg (3.62%), Folate: 12.79µg (3.2%), Vitamin B6: 0.06mg (3.06%), Iron: 0.49mg (2.7%), Vitamin K: 2.81µg (2.67%), Copper: 0.05mg (2.64%), Fiber: 0.35g (1.4%), Vitamin B3: 0.26mg (1.3%), Vitamin D: 0.19µg (1.29%)