



Caramel Spice Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



226 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1 teaspoon apple pie spice
- 1 cup brown sugar packed
- 0.5 cup whipping cream
- 0.5 cup butter cut into pieces
- 3 cups powdered sugar
- 0.5 teaspoon apple pie spice
- 1 slices apples

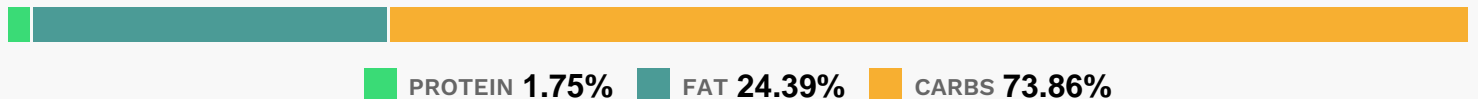
Equipment

- bowl
- sauce pan
- oven
- hand mixer
- toothpicks
- wooden spoon
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cupcake ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- In 2-quart saucepan, heat brown sugar, whipping cream and butter to boiling over medium heat, stirring constantly. Boil 1 minute.
- Remove from heat.
- Add powdered sugar; stir with wooden spoon until spreadable. Frost cupcakes.
- Sprinkle with 1/2 teaspoon apple pie spice.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.230869549772%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epigallocatechin: 0.01mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 226.01kcal (11.3%), Fat: 6.25g (9.61%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 42.19g (15.34%), Sugar: 33.52g (37.24%), Cholesterol: 15.77mg (5.26%), Sodium: 191.55mg (8.33%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.01g (2.02%), Phosphorus: 71.8mg (7.18%), Calcium: 58.74mg (5.87%), Vitamin A: 193.85IU (3.88%), Vitamin B2: 0.06mg (3.82%), Folate: 15.25µg (3.81%), Vitamin B1: 0.05mg (3.46%), Manganese: 0.07mg (3.45%), Iron: 0.56mg (3.1%), Vitamin B3: 0.52mg (2.6%), Vitamin E: 0.36mg (2.43%), Fiber: 0.39g (1.54%), Selenium: 1.05µg (1.51%), Vitamin B6: 0.02mg (1.23%), Vitamin K: 1.25µg (1.19%), Copper: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.11%)