



Chocolate-Caramel Ice Cream Cupcakes

READY IN



20 min.

SERVINGS



20

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 1.5 quarts dulce de leche such as edy's caramel delight or häagen-dazs dulce de leche
- ☐ 3 tablespoons chocolate syrup
- ☐ 8.2 oz chocolate bar such as milky way, chopped
- ☐ 15 oz chocolate cake mix
- ☐ 1 cup cup heavy whipping cream
- ☐ 20 servings sprinkles
- ☐ 2 tablespoons sugar

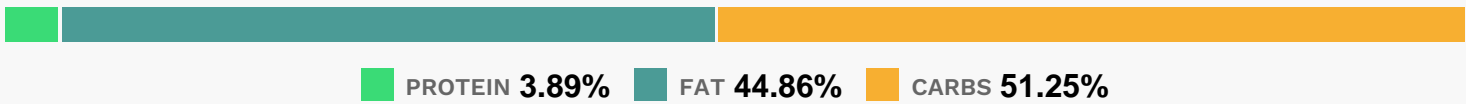
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray
- ☐ serrated knife

Directions

- ☐ Line 2 12-cup muffin tins with paper liners. Prepare cupcakes using directions on cake mix box. Fill cups halfway. (Discard any leftover batter.)
- ☐ Bake until a toothpick inserted in center comes out clean, 15 to 18 minutes.
- ☐ Remove from pans and let cool on a wire rack.
- ☐ Let ice cream soften slightly in a bowl. Fold in chocolate bars. Cover; freeze 1 hour.
- ☐ Level cupcakes with a serrated knife. Put a scoop of ice cream on top of each cupcake; freeze until ice cream firms up but cake is still soft, about 30 minutes.
- ☐ Whip cream and sugar until soft peaks form. Put a dollop on top of each cupcake.
- ☐ Drizzle with chocolate syrup; sprinkle with jimmies, if desired.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:1.77, Inflammation Score:-3, Nutrition Score:5.0021739200405%

Nutrients (% of daily need)

Calories: 256.26kcal (12.81%), Fat: 13.13g (20.19%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 31.89g (11.6%), Sugar: 23.07g (25.63%), Cholesterol: 13.8mg (4.6%), Sodium: 183.12mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.82mg (3.94%), Protein: 2.56g (5.12%), Copper: 0.31mg (15.35%), Manganese: 0.29mg (14.27%), Iron: 2.42mg (13.42%), Phosphorus: 103.98mg (10.4%), Magnesium: 39.28mg (9.82%), Fiber: 1.86g (7.42%), Selenium: 3.83µg (5.48%), Potassium: 171.32mg (4.89%), Calcium: 48.66mg (4.87%), Zinc: 0.61mg (4.04%), Vitamin B2: 0.07mg (3.95%), Vitamin A: 180.1IU (3.6%), Folate: 13.72µg (3.43%), Vitamin B1: 0.04mg (2.85%), Vitamin E: 0.41mg (2.76%), Vitamin B3: 0.48mg (2.4%), Vitamin K: 2.05µg (1.95%),

Vitamin D: 0.19µg (1.27%), Vitamin B5: 0.11mg (1.08%)