



Chocolate Caramel Toffee Cupcake

 Vegetarian

READY IN



100 min.

SERVINGS



24

CALORIES



428 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 cups butter
- 0.3 cup confectioners' sugar
- 2.6 ounce chocolate bar
- 2 eggs
- 2 cups flour all-purpose
- 1.5 cups granulated sugar
- 2 cups granulated sugar

- 1.5 cups heavy cream chilled
- 0.8 cups milk
- 1 cup milk
- 0.5 teaspoon salt
- 0.5 cup butter unsalted
- 0.8 cups cocoa unsweetened
- 1 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 3 teaspoons vanilla extract
- 0.5 cup vegetable oil

Equipment

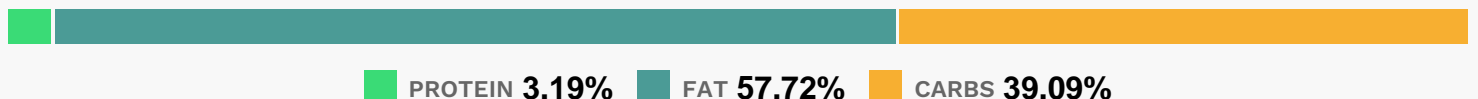
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- stand mixer
- muffin liners
- muffin tray
- pastry bag

Directions

- Preheat the oven to 350 degrees F.
- Place 24 cupcake liners in a cupcake pan.
- In a large bowl, mix together the flour, granulated sugar, milk, cocoa, vegetable oil, vanilla extract, salt and eggs.
- Mix until smooth.

- Add the baking soda to 1 cup water.
- Add baking soda mixture to the batter.
- Mix well (the batter will be thin).
- Pour the batter into baking cups, filling three-quarters of the way up.
- Bake for 12 to 15 minutes.
- Place the Caramel in a pastry bag fitted with a small tip. Push the tip through the bottom of paper liner to fill each cupcake.
- Add the Whipped Frosting to a pastry bag fitted with a large tip. Pipe a swirl of the frosting onto each cupcake, covering the filling.
- Sprinkle the Toffee over the frosting.
- Transfer the cupcakes to the refrigerator and chill for at least 30 minutes.
- In a large saucepan, stir together the granulated sugar, milk, butter, 2 teaspoons vanilla extract and the salt. While stirring, bring to a boil. Cook for 7 minutes.
- Remove from the heat, and stir in the remaining teaspoon of vanilla extract.
- Let cool.
- Chill the bowl of a stand mixer in the freezer.
- Add the heavy cream to the chilled bowl. Whip with the whisk attachment on medium-high speed until soft peaks form.
- Add the confectioners' sugar and continue to whip until thoroughly combined and stiff peaks form. Be careful not to over beat. Blend in the vanilla extract.
- Spray a large cookie sheet with nonstick spray.
- Combine the butter, granulated sugar and 1/2 cup water in a heavy pan. Stir constantly at a simmer until the mixture turns brown (like a brown paper bag).
- Pour the mixture onto the prepared cookie sheet. Break the chocolate bar onto the toffee while still hot. With the back of a spoon, spread the chocolate evenly.
- Let cool and then break into small pieces.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:26.68, Inflammation Score:-5, Nutrition Score:5.8060869645813%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 428.13kcal (21.41%), Fat: 28.25g (43.46%), Saturated Fat: 17.14g (107.14%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 41.44g (15.07%), Sugar: 32.99g (36.66%), Cholesterol: 83.51mg (27.84%), Sodium: 233.99mg (10.17%), Alcohol: 0.34g (100%), Alcohol %: 0.39% (100%), Caffeine: 8.64mg (2.88%), Protein: 3.51g (7.02%), Vitamin A: 859.39IU (17.19%), Manganese: 0.24mg (11.99%), Selenium: 6.46µg (9.22%), Copper: 0.18mg (8.96%), Vitamin B2: 0.14mg (8.5%), Phosphorus: 80.03mg (8%), Iron: 1.32mg (7.35%), Magnesium: 26.92mg (6.73%), Vitamin B1: 0.1mg (6.71%), Fiber: 1.61g (6.44%), Folate: 22.95µg (5.74%), Vitamin E: 0.83mg (5.56%), Calcium: 47.12mg (4.71%), Vitamin K: 4.19µg (3.99%), Vitamin D: 0.58µg (3.85%), Vitamin B3: 0.75mg (3.76%), Potassium: 127.62mg (3.65%), Zinc: 0.54mg (3.59%), Vitamin B12: 0.2µg (3.36%), Vitamin B5: 0.25mg (2.52%), Vitamin B6: 0.03mg (1.61%)