



## Chocolate Cupcakes with Salted Caramel Center Surprise

READY IN



90 min.

SERVINGS



18

CALORIES



224 kcal

DESSERT

### Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 18 individually wrapped caramels salted (from 7-oz bag)
- ☐ 12 oz chocolate frosting
- ☐ 6 small pretzel twists crushed

### Equipment

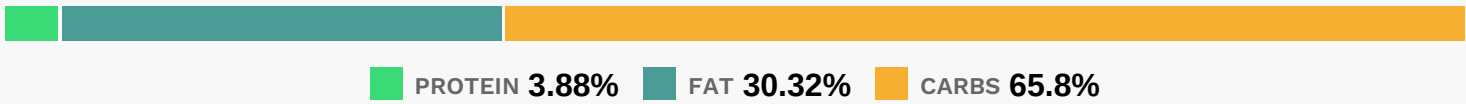
- ☐ oven
- ☐ wire rack

☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 18 regular-size muffin cups. Make cake batter as directed on box. Fill muffin cups about 3/4 full.
- ☐ Place caramel onto center of batter in each cup; press caramel into batter just until covered.
- ☐ Bake 20 to 25 minutes or until tops spring back when touched lightly in center. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ Place frosting in decorating bag fitted with round tip #2
- ☐ Starting at outer edge of cupcakes, pipe frosting in spiral pattern, gradually elevating to a peak in center; garnish with pretzels.

Nutrition Facts



Properties

Glycemic Index:8.22, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:3.3852173899827%

Nutrients (% of daily need)

Calories: 223.63kcal (11.18%), Fat: 7.94g (12.21%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 37.96g (13.8%), Sugar: 26.69g (29.66%), Cholesterol: 0.7mg (0.23%), Sodium: 281.89mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.02mg (1.01%), Protein: 2.28g (4.57%), Phosphorus: 93.69mg (9.37%), Iron: 1.45mg (8.08%), Copper: 0.14mg (6.94%), Manganese: 0.12mg (5.93%), Calcium: 51.85mg (5.19%), Selenium: 3.4µg (4.85%), Folate: 19.09µg (4.77%), Magnesium: 17.53mg (4.38%), Vitamin B2: 0.07mg (4.34%), Vitamin B1: 0.06mg (4.14%), Vitamin E: 0.62mg (4.11%), Potassium: 142.1mg (4.06%), Fiber: 0.81g (3.26%), Vitamin B3: 0.53mg (2.63%), Zinc: 0.31mg (2.08%), Vitamin K: 1.15µg (1.09%), Vitamin B5: 0.11mg (1.07%)