



Chocolate Cupcakes with Vanilla Yogurt Caramel Frosting

READY IN



40 min.

SERVINGS



12

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons mrs richardson's butterscotch caramel sauce fat-free
- ☐ 0.3 cup eggs fat-free
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 6 oz vanilla yogurt yoplait®
- ☐ 14 oz condensed milk fat-free sweetened canned (not evaporated)

- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon vegetable oil

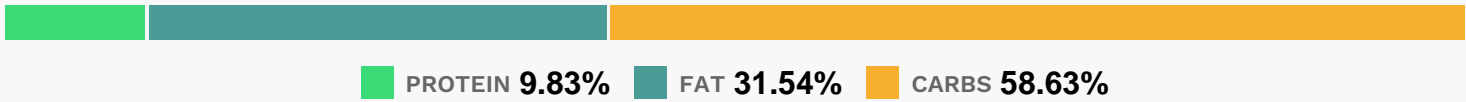
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In small bowl, mix flour, baking powder, salt and cocoa; set aside. In medium microwavable bowl, microwave chocolate chips and oil uncovered on High 1 minute, stirring every 30 seconds, until melted and smooth. Stir in condensed milk and egg product.
- ☐ Add half of flour mixture at a time, stirring until incorporated. Divide batter evenly among muffin cups.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan to cooling rack; cool 10 minutes.
- ☐ Meanwhile, in small microwavable bowl, microwave caramel topping uncovered on High 30 seconds.
- ☐ Add yogurt, stirring well. Top each cupcake with 1 tablespoon mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:15.37, Inflammation Score:-2, Nutrition Score:6.2099999707678%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 216.61kcal (10.83%), Fat: 7.73g (11.9%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 31.23g (11.36%), Sugar: 24.66g (27.4%), Cholesterol: 31.24mg (10.41%), Sodium: 203.22mg (8.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.37mg (2.79%), Protein: 5.42g (10.85%), Phosphorus: 155.5mg (15.55%), Selenium: 10.59µg (15.12%), Calcium: 149.17mg (14.92%), Vitamin B2: 0.23mg (13.73%), Manganese: 0.19mg (9.53%), Magnesium: 30.81mg (7.7%), Copper: 0.15mg (7.35%), Vitamin B1: 0.1mg (6.81%), Potassium: 226.57mg (6.47%), Iron: 1.15mg (6.4%), Folate: 22.21µg (5.55%), Zinc: 0.8mg (5.36%), Vitamin B12: 0.29µg (4.75%), Vitamin B5: 0.47mg (4.68%), Fiber: 1.12g (4.48%), Vitamin B3: 0.63mg (3.15%), Vitamin K: 2.9µg (2.76%), Vitamin A: 128.49IU (2.57%), Vitamin B6: 0.04mg (1.94%), Vitamin E: 0.25mg (1.69%), Vitamin C: 0.99mg (1.2%), Vitamin D: 0.17µg (1.12%)