



Chocolate Salted Caramel Cupcakes

 Popular

READY IN



20 min.

SERVINGS



24

CALORIES



416 kcal

DESSERT

Ingredients

- ☐ 0.5 cup powdered sugar sifted
- ☐ 1 tablespoon plus light
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 3 eggs
- ☐ 1 chocolate cake mix dark
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 2.5 teaspoons fleur del sel (I used 1tsp Kosher Salt)
- ☐ 1 pound bittersweet chocolate cooled melted

- ☐ 2.5 cups sugar
- ☐ 1.5 cups butter unsalted
- ☐ 0.3 cup water boiling

Equipment

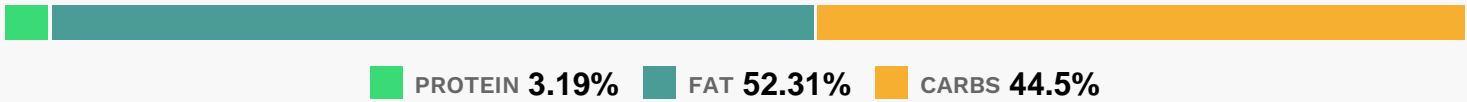
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ wooden spoon
- ☐ pastry bag
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 350
- ☐ Mix on low until blended, then mix on high for 2 mins.
- ☐ Pour into paper lined cupcake pans.
- ☐ Bake for 20 min. Cool completely. For the filling(recipe below), use a paring knife to cut a cone-shaped piece (around 3/4 inch deep) from the center of each cupcake. Spoon 3-4 teaspoons warm filling into each hollowed out cupcake.
- ☐ Sprinkle a pinch of sea salt over the filling (I used Kosher salt). Fill a pastry bag fitted with a medium star tip (I used a 1M) with frosting. Pipe Dark Chocolate frosting (recipe below)on each cupcake and garnish with a pinch of sea salt (again, I used Kosher Salt). Store at room temperature in airtight container, do not refrigerate. (I put mine in the cool basement).
- ☐ Heat sugar with the water and corn syrup in a heavy saucepan over high, swirling occasionally until syrup is clear. Stop stirring and attach a candy thermometer to side of pan. Cook until syrup comes to a boil, washing down sides of pan with a wet pastry brush as needed. Boil, gently swirling pan occasionally until mixture is caramelized and just reaches 360F

- ☐ Remove from heat, and slowly and CAUTIOUSLY pour in cream. The mixture will spatter. Stir with a wooden spoon until smooth. Stir in sea salt. Use immediately. If the caramel begins to harden, reheat gently until it is pourable again.**NOTE: you will NEED a candy thermometer for this step
- ☐ Combine the cocoa and boiling water, stirring until the cocoa has dissolved. With an electric mixer on medium high speed, beat butter, confectioners' sugar and salt until pale and fluffy. Reduce speed to low.
- ☐ Add melted and cooled chocolate, beating until combined and scraping down sides of bowl as needed. Beat in the cocoa mixture. If not using immediately, frosting can be refrigerated up to 5 days or frozen up to 1 month, in an airtight container. Before using, bring to room temperature, and beat on low speed until smooth again.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:14.68, Inflammation Score:-4, Nutrition Score:6.3334782196452%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 415.92kcal (20.8%), Fat: 24.96g (38.39%), Saturated Fat: 13.99g (87.46%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 45.5g (16.55%), Sugar: 38.03g (42.26%), Cholesterol: 60.5mg (20.17%), Sodium: 405.14mg (17.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.29mg (6.76%), Protein: 3.42g (6.84%), Copper: 0.35mg (17.55%), Manganese: 0.33mg (16.43%), Iron: 2.25mg (12.5%), Phosphorus: 122.92mg (12.29%), Magnesium: 47.7mg (11.92%), Vitamin A: 503.57IU (10.07%), Fiber: 2.28g (9.1%), Selenium: 6.15µg (8.78%), Potassium: 198.76mg (5.68%), Zinc: 0.81mg (5.43%), Vitamin B2: 0.09mg (5.21%), Calcium: 51.83mg (5.18%), Vitamin E: 0.77mg (5.12%), Folate: 14.75µg (3.69%), Vitamin K: 3.31µg (3.16%), Vitamin D: 0.44µg (2.95%), Vitamin B1: 0.04mg (2.82%), Vitamin B3: 0.48mg (2.4%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.03mg (1.34%)