



## Chocolate Salted Caramel Cupcakes

 Popular

READY IN



91 min.

SERVINGS



24

CALORIES



161 kcal

DESSERT

### Ingredients

- 12.3 oz caramel ice cream topping
- 1 pkg chocolate cake mix (2-layer size)
- 3.9 oz jell-o chocolate flavor pudding instant divided
- 1 cup milk
- 0.3 cup powdered sugar
- 2 tsp sea salt
- 2 oz baker's semi-sweet chocolate
- 1.5 cups cool whip whipped topping thawed

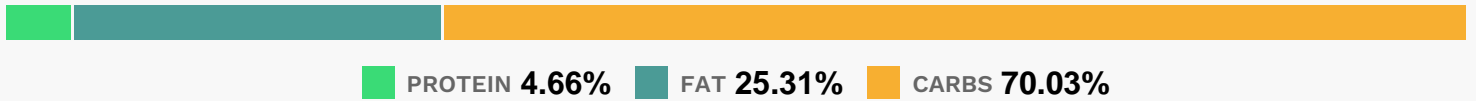
## Equipment

- bowl
- oven
- knife
- whisk
- muffin liners

## Directions

- Heat oven to 350F.
- Prepare cake batter and bake as directed on package for 24 cupcakes, blending 1 pkg. dry pudding mix into batter before spooning into prepared muffin cups. Cool cupcakes in pans 10 min.; remove from pans to wire racks. Cool completely.
- Use small sharp knife to cut 1-1/4-inch-wide hole in top of each cupcake, being careful to not cut through to bottom of cake. Fill holes with caramel topping; cover with cupcake tops.
- Melt chocolate as directed on package; cool slightly. Beat remaining pudding mix, milk and powdered sugar in large bowl with whisk 2 min.; stir in COOL WHIP.
- Spread frosting onto cupcakes; drizzle with chocolate.
- Sprinkle with salt.

## Nutrition Facts



## Properties

Glycemic Index:1.58, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.7821738706983%

## Nutrients (% of daily need)

Calories: 160.85kcal (8.04%), Fat: 4.74g (7.29%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 28.72g (10.44%), Sugar: 21.95g (24.39%), Cholesterol: 1.46mg (0.49%), Sodium: 464.96mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.33mg (1.44%), Protein: 1.96g (3.92%), Phosphorus: 77.44mg (7.74%), Copper: 0.12mg (5.93%), Iron: 1.03mg (5.7%), Calcium: 52.07mg (5.21%), Manganese: 0.1mg (4.83%), Selenium: 3.05µg (4.35%), Magnesium: 16.97mg (4.24%), Potassium: 113.27mg (3.24%), Fiber: 0.79g

(3.15%), Vitamin B2: 0.05mg (3%), Folate: 11.73µg (2.93%), Vitamin B1: 0.04mg (2.56%), Zinc: 0.28mg (1.88%),  
Vitamin E: 0.25mg (1.68%), Vitamin B3: 0.33mg (1.67%), Vitamin B12: 0.09µg (1.58%), Vitamin K: 1.1µg (1.05%)