



Cinnamon Roll Cupcakes with Cream Cheese Frosting and Pecans

READY IN



90 min.

SERVINGS



18

CALORIES



324 kcal

DESSERT

Ingredients

- 1 Cups baker's chocolate
- 2 tablespoons sugar
- 0.5 teaspoon ground cinnamon
- 1 box cake mix yellow
- 24 oz cream cheese frosting
- 0.5 cup pecans coarsely chopped

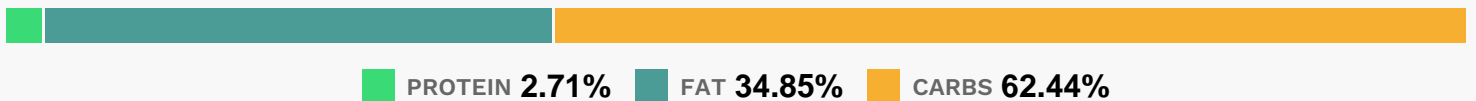
Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place Reynolds Baking Cups in each of 18 regular-size muffin cups. In small bowl, stir together sugar and cinnamon; set aside.
- Make cake batter as directed on box. Fill muffin cups about 1/2 full. Spoon generous 1/4 teaspoon cinnamon sugar onto center of batter in each cup; top cinnamon sugar with the remaining batter divided evenly among cups. In each cup, swirl batter with toothpick to create a spiral effect.
- Bake about 20 to 25 minutes or until toothpick inserted in center comes out clean. 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 pecans.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:5.4517391779986%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 10.42mg, Epicatechin: 10.42mg, Epicatechin: 10.42mg, Epicatechin: 10.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 323.58kcal (16.18%), Fat: 13.16g (20.24%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 51.2g (18.62%), Sugar: 37.96g (42.18%), Cholesterol: 0mg (0%), Sodium: 283.07mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.87mg (1.96%), Protein: 2.3g (4.6%), Manganese: 0.5mg (24.94%), Copper: 0.3mg (14.93%), Phosphorus: 127.16mg (12.72%), Iron: 2.01mg (11.16%), Magnesium: 30.97mg (7.74%), Fiber: 1.86g (7.42%), Calcium: 71.64mg (7.16%), Vitamin B1: 0.1mg (6.35%), Zinc: 0.92mg (6.11%), Folate: 22.19µg (5.55%), Vitamin B2: 0.08mg (4.69%), Vitamin B3: 0.8mg (4.01%), Potassium: 99.14mg (2.83%), Selenium: 1.76µg (2.51%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.66µg (1.58%), Vitamin B6: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.42%)