



## Cinnamon Roll Cupcakes with Cream Cheese Frosting and Pecans

READY IN



90 min.

SERVINGS



18

CALORIES



315 kcal

DESSERT

### Ingredients

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

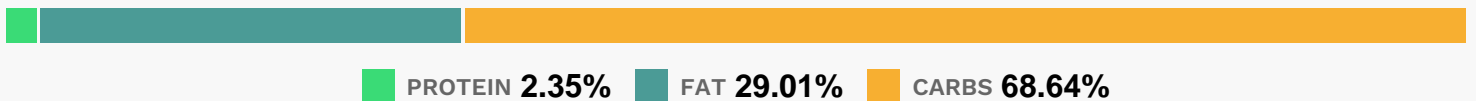
### Equipment

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

## Directions

- Heat oven to 350F.
- 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:-1, Nutrition Score:3.7282608502909%

## 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: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 315.37kcal (15.77%), Fat: 10.35g (15.92%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 54.31g (19.75%), Sugar: 38.67g (42.97%), Cholesterol: 0.13mg (0.04%), Sodium: 366.38mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Phosphorus: 136.83mg (13.68%), Manganese: 0.22mg (10.8%), Vitamin B1: 0.12mg (8.19%), Calcium: 76.17mg (7.62%), Folate: 28.47µg (7.12%), Vitamin B2: 0.1mg (5.98%), Iron: 0.92mg (5.1%), Vitamin B3: 1mg (5.02%), Copper: 0.07mg (3.59%), Fiber: 0.78g (3.11%), Selenium: 1.66µg (2.38%), Magnesium: 8.66mg (2.16%), Vitamin E: 0.31mg (2.08%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.65%), Potassium: 49.14mg (1.4%), Vitamin K: 1.38µg (1.31%)