



Coconut Pecan Cupcakes

READY IN



265 min.

SERVINGS



24

CALORIES



315 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 1 tablespoon cornstarch
- 1.3 cups whipping cream
- 0.5 cup butter cut into pieces
- 2.5 cups coconut flakes flaked
- 0.3 cup cream sour
- 1 teaspoon vanilla
- 1 box vanilla cake donut holes
- 1 cup coconut milk canned (not cream of coconut)

- 0.5 cup water
- 3 eggs
- 1 cup pecans finely chopped
- 0.5 cup pecans coarsely chopped

Equipment

- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- hand mixer
- toothpicks
- muffin liners

Directions

- In 2-quart saucepan, mix sugar and cornstarch. Stir in whipping cream with whisk.
- Heat to boiling over medium heat, stirring constantly; boil 1 minute or until thickened.
- Remove from heat. Stir in butter until melted. Stir in coconut, sour cream and vanilla.
- Place plastic wrap directly on surface of custard; refrigerate at least 3 hours.
- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cake mix, coconut milk, water and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes. Stir in finely chopped pecans. Divide batter evenly among muffin cups.
- Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- Spread coconut custard over cupcakes; sprinkle with coarsely chopped pecans. Store in refrigerator.

Nutrition Facts



■ PROTEIN 4.28% ■ FAT 63.73% ■ CARBS 31.99%

Properties

Glycemic Index:5.84, Glycemic Load:2.94, Inflammation Score:-3, Nutrition Score:6.6891305057899%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 315.1kcal (15.76%), Fat: 23.11g (35.55%), Saturated Fat: 13.71g (85.71%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 23.54g (8.56%), Sugar: 14.97g (16.63%), Cholesterol: 46.05mg (15.35%), Sodium: 196.7mg (8.55%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.5g (6.99%), Manganese: 0.69mg (34.4%), Phosphorus: 140.79mg (14.08%), Fiber: 2.56g (10.23%), Copper: 0.2mg (10.17%), Selenium: 6.6µg (9.43%), Calcium: 70.88mg (7.09%), Vitamin B2: 0.12mg (7.03%), Vitamin B1: 0.1mg (7%), Vitamin A: 348.84IU (6.98%), Iron: 1.17mg (6.47%), Magnesium: 24.22mg (6.06%), Folate: 22.34µg (5.59%), Zinc: 0.77mg (5.11%), Vitamin E: 0.63mg (4.18%), Potassium: 139.5mg (3.99%), Vitamin B3: 0.74mg (3.7%), Vitamin B5: 0.34mg (3.4%), Vitamin B6: 0.07mg (3.25%), Vitamin D: 0.31µg (2.06%), Vitamin K: 1.64µg (1.56%), Vitamin B12: 0.08µg (1.36%)