



Dude Cupcakes

READY IN



55 min.

SERVINGS



10

CALORIES



216 kcal

Ingredients

- ☐ 4 oz cheddar cheese shredded
- ☐ 3 slices bacon crumbled cooked
- ☐ 0.8 cup ale
- ☐ 3 tablespoons butter melted
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons ale
- ☐ 2 slices bacon crumbled cooked
- ☐ 1 serving ground pepper red (cayenne)

☐ 2.3 cups frangelico

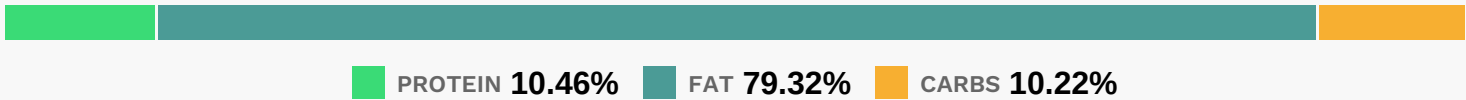
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 425°F.
- ☐ Place foil baking cup in each of 10 regular-size muffin cups. Lightly spray foil cups with cooking spray.
- ☐ In large bowl, stir together Bisquick mix, Cheddar cheese and 3 slices crumbled bacon. Stir in 3/4 cup beer and the melted butter until dry ingredients are moistened. Divide batter evenly among muffin cups.
- ☐ Bake 10 to 15 minutes or until golden brown.
- ☐ Remove from pan; cool 15 minutes.
- ☐ Meanwhile, in small bowl, mix cream cheese and softened butter. Stir in powdered sugar and 2 tablespoons beer until smooth.
- ☐ Spread frosting on each cupcake; top each with bacon.
- ☐ Sprinkle with red pepper.

Nutrition Facts



Properties

Glycemic Index:26.7, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:3.615217388972%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 215.76kcal (10.79%), Fat: 18.77g (28.88%), Saturated Fat: 10.84g (67.77%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 5.39g (1.96%), Sugar: 3.85g (4.28%), Cholesterol: 53.26mg (17.75%), Sodium: 258.53mg (11.24%), Alcohol: 0.81g (100%), Alcohol %: 1.48% (100%), Protein: 5.57g (11.14%), Vitamin A: 677.84IU (13.56%), Selenium: 7.42µg (10.6%), Calcium: 105.45mg (10.54%), Phosphorus: 96.89mg (9.69%), Vitamin B2: 0.12mg (7.14%), Zinc: 0.67mg (4.44%), Vitamin B12: 0.23µg (3.83%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.57mg (2.87%), Vitamin B6: 0.06mg (2.83%), Vitamin B5: 0.24mg (2.37%), Vitamin B1: 0.03mg (2.2%), Magnesium: 8.03mg (2.01%), Potassium: 69.99mg (2%), Folate: 6.09µg (1.52%), Vitamin K: 1.4µg (1.33%)