



French Apple Cupcakes

READY IN



39 min.

SERVINGS



33

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 16 ounce angel food cake mix
- ☐ 2 cups peach pie filling light
- ☐ 33 servings caramel glaze
- ☐ 1.3 cups cereal low-fat
- ☐ 1 teaspoon vanilla extract

Equipment

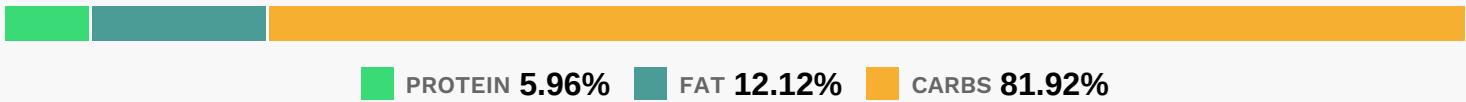
- ☐ food processor
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat oven to 37
- ☐ Prepare cake mix according to package directions. Stir in vanilla.
- ☐ Place 33 foil muffin cup liners on a large baking sheet, or place in muffin cups. Divide batter evenly among liners, filling about two-thirds full.
- ☐ Bake at 375 for 17 to 18 minutes or until cupcakes are golden brown and cracks in cakes appear dry.
- ☐ Chop apple pie filling in a food processor. Set aside.
- ☐ Cut a deep slit in top center of each cake to form a pocket. Carefully spoon 1 tablespoon chopped apple pie filling into each warm cake.
- ☐ Spoon about 2 1/2 teaspoons Caramel Glaze evenly over each cake.
- ☐ Sprinkle about 2 teaspoons granola over each cake.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:2.0569565568281%

Nutrients (% of daily need)

Calories: 126.22kcal (6.31%), Fat: 1.75g (2.69%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 26.14g (9.51%), Sugar: 17.98g (19.98%), Cholesterol: 0.7mg (0.23%), Sodium: 145.86mg (6.34%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.93g (3.87%), Manganese: 0.16mg (7.84%), Phosphorus: 73.22mg (7.32%), Vitamin B2: 0.07mg (4.29%), Selenium: 2.81µg (4.01%), Calcium: 39.66mg (3.97%), Magnesium: 8mg (2%), Folate: 7.85µg (1.96%), Fiber: 0.47g (1.87%), Copper: 0.04mg (1.85%), Vitamin B1: 0.03mg (1.82%), Iron: 0.31mg (1.71%), Potassium: 59.67mg (1.7%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.13mg (1.32%), Zinc: 0.17mg (1.14%)