



French Toast Cupcakes

 Popular

READY IN



75 min.

SERVINGS



24

CALORIES



191 kcal

Ingredients

- ☐ 1 Cups baker's chocolate
- ☐ 1 box cake mix yellow
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup butter softened
- ☐ 3 cups powdered sugar
- ☐ 3 tablespoons milk
- ☐ 1 teaspoon maple extract
- ☐ 1 serving bacon crumbled cooked

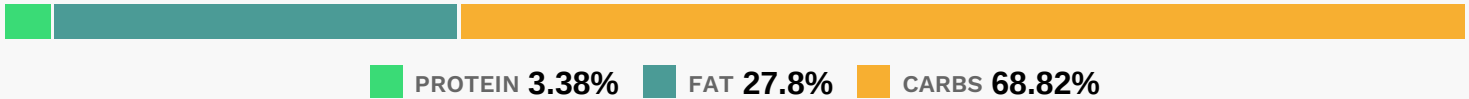
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place Reynolds Baking Cups in each of 24 regular-size muffin cups. Make, bake and cool cake mix as directed on box for cupcakes, using water, oil and eggs, and adding cinnamon and vanilla.
- ☐ In medium bowl, beat butter and powdered sugar with electric mixer on medium-low speed until combined. Gradually beat in milk and maple extract on medium speed until fluffy.
- ☐ Pipe or spread frosting on cooled cupcakes.
- ☐ Sprinkle tops with bacon.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.7708695595679%

Flavonoids

Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epicatechin: 7.8mg, Epicatechin: 7.8mg, Epicatechin: 7.8mg, Epicatechin: 7.8mg

Nutrients (% of daily need)

Calories: 190.86kcal (9.54%), Fat: 6.2g (9.53%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 33.32g (12.12%), Sugar: 24.16g (26.84%), Cholesterol: 7.29mg (2.43%), Sodium: 184.35mg (8.02%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.4mg (1.47%), Protein: 1.7g (3.39%), Manganese: 0.28mg (13.94%), Copper: 0.19mg (9.75%), Phosphorus: 92.6mg (9.26%), Iron: 1.42mg (7.9%), Calcium: 54.69mg (5.47%), Magnesium: 20.56mg (5.14%), Fiber: 1.19g (4.77%), Folate: 16.29µg (4.07%), Zinc: 0.61mg (4.06%), Vitamin B1: 0.06mg (4.05%), Vitamin B2: 0.06mg (3.68%), Vitamin B3: 0.61mg (3.04%), Selenium: 1.4µg (2%), Vitamin E: 0.3mg

(1.98%), Potassium: 61.53mg (1.76%), Vitamin A: 82.06IU (1.64%), Vitamin K: 1.4µg (1.33%), Vitamin B6: 0.02mg (1.05%), Vitamin B5: 0.1mg (1.02%)