



Frosted Toast Crunch™ Cupcakes

READY IN



80 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 3 eggs
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cinnamon
- 3 tablespoons milk
- 3 cups powdered sugar
- 1 cup frosted toast cereal crushed
- 24 pieces frosted toast cereal
- 1 teaspoon vanilla

- 0.3 cup vegetable oil
- 1.3 cups water
- 1 box cake mix yellow

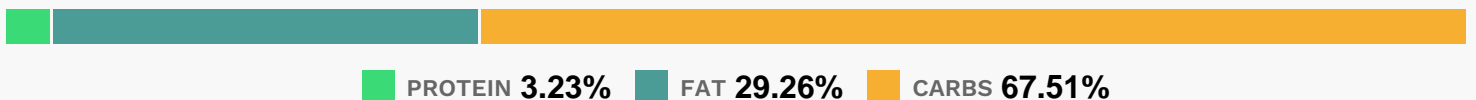
Equipment

- bowl
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350F (325F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cake mix, water, oil, eggs, 1 teaspoon vanilla and 1/2 teaspoon cinnamon with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes. Fold in crushed cereal. Divide batter evenly among muffin cups.
- Bake 18 to 22 minutes or until toothpick inserted near center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- In medium bowl, beat butter and powdered sugar with electric mixer on low speed until combined. Beat in milk, 1 teaspoon vanilla and 1/4 teaspoon cinnamon on medium speed until fluffy.
- Pipe or spread frosting on cupcakes.
- Garnish each cupcake with 1 cereal piece.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.8756521888401%

Nutrients (% of daily need)

Calories: 206.77kcal (10.34%), Fat: 6.81g (10.48%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 35.02g (12.74%), Sugar: 25.1g (27.89%), Cholesterol: 27.46mg (9.15%), Sodium: 199.43mg (8.67%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 1.69g (3.38%), Phosphorus: 81.66mg (8.17%), Vitamin B2: 0.13mg (7.6%), Iron: 1.29mg (7.19%), Vitamin B1: 0.11mg (7.03%), Folate: 27.84µg (6.96%), Vitamin B3: 1.27mg (6.35%), Vitamin B6: 0.13mg (6.27%), Vitamin K: 6.46µg (6.15%), Calcium: 52.84mg (5.28%), Vitamin B12: 0.31µg (5.15%), Vitamin E: 0.58mg (3.87%), Selenium: 2.58µg (3.69%), Vitamin A: 156.15IU (3.12%), Manganese: 0.06mg (2.81%), Vitamin B5: 0.18mg (1.79%), Vitamin D: 0.26µg (1.73%), Fiber: 0.35g (1.41%), Copper: 0.02mg (1.2%)