



## Gluten-Free Apple Spice Cupcakes with Maple Cream Cheese Frosting and Candied Walnuts

 Vegetarian

READY IN



95 min.

SERVINGS



16

CALORIES



278 kcal

DESSERT

### Ingredients

- 1 Cups baker's chocolate
- 15 oz betty crocker's cake mix gluten free yellow
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.7 cup water
- 0.5 cup butter softened
- 2 teaspoons vanilla gluten-free

- 3 eggs
- 1 cup apples peeled chopped
- 0.5 cup butter unsalted softened
- 6 oz cream cheese gluten-free softened
- 3.5 tablespoons maple syrup pure
- 2 cups powdered sugar
- 0.3 cup candied pecans gluten-free chopped

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F.
- Place Reynolds Baking Cup in each of 16 regular-size muffin cups. In large bowl, beat cake mix, cinnamon, nutmeg, water, 1/2 cup butter, the vanilla and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in chopped apple. Divide batter evenly among muffin cups.
- Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- In large bowl, beat 1/2 cup unsalted butter, cream cheese and maple syrup with electric mixer on medium speed until fluffy.
- Add powdered sugar; beat until smooth. Pipe frosting onto cooled cupcakes.
- Sprinkle with glazed walnuts. Store loosely covered in refrigerator.

## Nutrition Facts

PROTEIN 4.05% FAT 64.47% CARBS 31.48%

## Properties

Glycemic Index:13.78, Glycemic Load:1.54, Inflammation Score:-4, Nutrition Score:5.4234782690587%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 12.29mg, Epicatechin: 12.29mg, Epicatechin: 12.29mg, Epicatechin: 12.29mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 277.74kcal (13.89%), Fat: 20.99g (32.29%), Saturated Fat: 12.45g (77.79%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 21.36g (7.77%), Sugar: 19.33g (21.47%), Cholesterol: 71.93mg (23.98%), Sodium: 101.68mg (4.42%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Caffeine: 6.6mg (2.2%), Protein: 2.97g (5.94%), Manganese: 0.48mg (23.81%), Copper: 0.28mg (14.09%), Vitamin A: 546.52IU (10.93%), Iron: 1.65mg (9.18%), Vitamin B2: 0.14mg (8.01%), Magnesium: 30.87mg (7.72%), Fiber: 1.7g (6.8%), Zinc: 1.01mg (6.71%), Phosphorus: 65.22mg (6.52%), Selenium: 4.35µg (6.22%), Vitamin E: 0.56mg (3.71%), Calcium: 35mg (3.5%), Potassium: 117.3mg (3.35%), Vitamin B5: 0.22mg (2.22%), Vitamin K: 2.25µg (2.15%), Vitamin B12: 0.12µg (2.02%), Folate: 7.86µg (1.96%), Vitamin D: 0.27µg (1.81%), Vitamin B1: 0.02mg (1.54%), Vitamin B6: 0.03mg (1.31%)