



Golden Caramel Cupcakes

READY IN



92 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 13.4 ounce dulce de leche canned
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- ☐ 3 eggs
- ☐ 2 cups heavy cream cold
- ☐ 0.7 cup milk
- ☐ 1 stick butter unsalted room temperature
- ☐ 18.3 ounce golden butter cake mix (recommended: Duncan Hines)
- ☐ 24 servings gold dragees for decorating

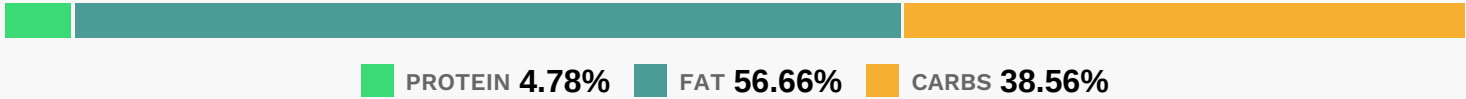
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners
- ☐ muffin tray
- ☐ butter knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line 2 (12-cup) muffin tins with gold foil cupcake liners.
- ☐ In a large mixing bowl, combine the cake mix, butter, milk, and eggs. Using a hand mixer beat on medium speed for 2 minutes, scraping down the sides of the bowl to be sure the batter is well incorporated. In a small bowl, mix together the 1/2 can of dulce de leche with 1 cup of cake batter and set aside.
- ☐ Using an ice-cream scoop, fill the muffin tins halfway to the top with the batter. Spoon a level tablespoon of the dulce de leche mixture into each cupcake liner, and with a butter knife swirl it into the batter.
- ☐ Bake until the tops are golden brown, and a toothpick inserted in the center comes out clean, about 10 to 12 minutes.
- ☐ Remove the cupcakes from the oven and cool in the tins for 5 minutes.
- ☐ Transfer the cupcakes to a cooling rack to cool completely.
- ☐ Frosting: In a cold mixing bowl, beat the cold heavy cream with a hand mixer until just before soft peaks form.
- ☐ Add the dulce de leche and beat until well incorporated and soft peaks form. Frost each cupcake with the caramel frosting, and sprinkle with gold dragees. Arrange the cupcakes on a serving tray and serve.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:3.359130444734%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.23kcal (9.66%), Fat: 12.32g (18.95%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 18.58g (6.76%), Sugar: 10.27g (11.41%), Cholesterol: 53.81mg (17.94%), Sodium: 173.26mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Phosphorus: 97.77mg (9.78%), Vitamin A: 449.91IU (9%), Vitamin B2: 0.12mg (7.26%), Calcium: 71.24mg (7.12%), Folate: 18.34µg (4.58%), Selenium: 3.11µg (4.44%), Vitamin B1: 0.06mg (4.05%), Vitamin D: 0.57µg (3.82%), Vitamin E: 0.55mg (3.68%), Iron: 0.57mg (3.18%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.25mg (2.47%), Vitamin B12: 0.15µg (2.45%), Manganese: 0.04mg (2.25%), Vitamin B6: 0.04mg (2.01%), Vitamin K: 1.65µg (1.57%), Potassium: 52.07mg (1.49%), Zinc: 0.21mg (1.41%), Magnesium: 5.34mg (1.34%), Copper: 0.02mg (1.18%), Fiber: 0.28g (1.12%)