



Maple French Toast and Bacon Cupcakes

READY IN



80 min.

SERVINGS



12

CALORIES



447 kcal

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup cake flour
- 1 teaspoon cinnamon
- 2 cups confectioners' sugar sifted
- 0.5 cup bacon cooked chopped (5 strips)
- 3 strips bacon cooked chopped
- 8 ounce cream cheese at room temperature
- 4 large egg whites at room temperature
- 1 cup flour all-purpose
- 0.3 cup granulated sugar

- 2 teaspoons ground cinnamon
- 0.5 cup half-and-half at room temperature
- 3.9 ounce vanilla pudding mix instant
- 0.3 cup brown sugar light packed
- 0.3 cup maple syrup
- 1 teaspoon nutmeg freshly grated
- 1 tablespoon potato flour
- 0.5 teaspoon salt
- 1 stick butter unsalted at room temperature
- 2 tablespoons butter unsalted at room temperature
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- oven
- whisk
- blender
- toothpicks
- muffin tray

Directions

- Preheat the oven to 325 degrees.
- Combine the flours, pudding mix, baking powder, potato starch, cinnamon, nutmeg and salt in a bowl with a whisk.
- In a separate bowl, cream the butter and sugars with a mixer on low speed until combined, 6 to 8 minutes. Gradually mix in the vanilla and egg whites. Scrape down the sides of the bowl; continue mixing until light and fluffy.
- Add the flour mixture in 3 batches, alternating with the maple syrup and half-and-half, mixing after each addition and ending with flour.
- Mix until the ingredients are just combined; do not overmix. Fold in the bacon.

- Pour the batter into the prepared muffin tin, filling each cup about three-quarters of the way.
- Bake until a toothpick inserted in the center comes out clean, about 40 minutes. Cool completely.
- Meanwhile, prepare the glaze: Beat the cream cheese and butter with a mixer on medium speed until creamy.
- Add the confectioners' sugar, maple syrup and cinnamon; beat until combined.
- Spread on the cooled cupcakes; top with chopped bacon, if desired.
- Photograph by Kate Sears

Nutrition Facts



■ **PROTEIN 6.65%**
■ **FAT 39.91%**
■ **CARBS 53.44%**

Properties

Glycemic Index:37.3, Glycemic Load:15.61, Inflammation Score:-4, Nutrition Score:6.5495652860921%

Nutrients (% of daily need)

Calories: 446.64kcal (22.33%), Fat: 19.96g (30.71%), Saturated Fat: 11.46g (71.64%), Carbohydrates: 60.12g (20.04%), Net Carbohydrates: 59.19g (21.52%), Sugar: 40.91g (45.46%), Cholesterol: 54.52mg (18.17%), Sodium: 391.72mg (17.03%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 7.48g (14.97%), Selenium: 15.64µg (22.35%), Manganese: 0.41mg (20.67%), Vitamin B2: 0.28mg (16.51%), Vitamin A: 587.49IU (11.75%), Vitamin B1: 0.14mg (9.52%), Phosphorus: 91.15mg (9.12%), Vitamin B3: 1.51mg (7.57%), Calcium: 73.85mg (7.38%), Folate: 25.67µg (6.42%), Iron: 0.83mg (4.63%), Potassium: 147.8mg (4.22%), Zinc: 0.58mg (3.89%), Fiber: 0.93g (3.71%), Vitamin E: 0.55mg (3.66%), Magnesium: 14.14mg (3.54%), Vitamin B5: 0.35mg (3.48%), Vitamin B6: 0.07mg (3.45%), Copper: 0.06mg (3.03%), Vitamin B12: 0.16µg (2.73%), Vitamin K: 1.57µg (1.49%), Vitamin D: 0.2µg (1.35%)