



Pecan-Bourbon Crunch Italian Cream Cups

READY IN



100 min.

SERVINGS



20

CALORIES



448 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 eggs
- ☐ 0.5 cup water
- ☐ 4.5 teaspoons apple cider
- ☐ 1 teaspoon vanilla
- ☐ 2.3 cups cake flour
- ☐ 1.5 cups granulated sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 5 oz candied pecans finely chopped
- ☐ 15 tablespoons butter softened

- ☐ 8 oz cream cheese softened
- ☐ 9 tablespoons butter softened
- ☐ 2 tablespoons apple cider
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.1 teaspoon salt
- ☐ 4.5 cups powdered sugar
- ☐ 0.8 cup coconut flakes flaked

Equipment

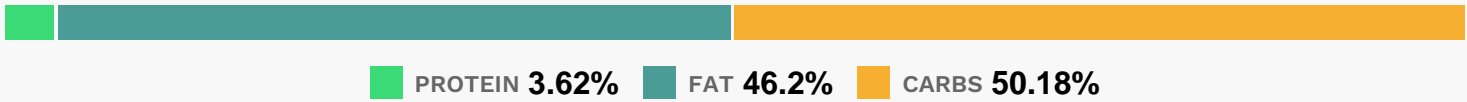
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 20 regular-size muffin cups.
- ☐ In 2-cup glass measure, mix eggs, water, 4 1/2 teaspoons bourbon and the vanilla with wire whisk. In medium bowl, mix flour, granulated sugar and baking powder.
- ☐ Remove 1 tablespoon of the flour mixture to small bowl; add 3/4 cup of the glazed pecans and toss to coat. Set aside. Reserve remaining glazed pecans for frosting.
- ☐ Cut butter into tablespoon-size pieces.
- ☐ Cut 3 tablespoons of the cream cheese into cubes; reserve remaining cream cheese for frosting.
- ☐ Add butter pieces and cream cheese cubes, a few at a time, to flour mixture in medium bowl, beating with electric mixer on low speed.
- ☐ Pour in all but 1/2 cup of the egg mixture. Beat on low for 30 seconds, then medium for 30 seconds, scraping bowl occasionally.

- ☐ Add remaining egg mixture in a slow stream; beat 30 seconds longer. Stir in reserved pecan mixture.
- ☐ Spoon into muffin cups.
- ☐ Bake 20 to 25 minutes or until tops spring back when lightly touched. Cool 5 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Meanwhile, in large bowl, beat 9 tablespoons butter, 2 tablespoons bourbon, the lemon peel, salt and reserved cream cheese with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth. Stir in 1/2 cup of the reserved glazed pecans and the coconut.
- ☐ Pipe or spread frosting on top of each cupcake; sprinkle with remaining glazed pecans.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:17.47, Inflammation Score:-5, Nutrition Score:4.090869569908%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 447.66kcal (22.38%), Fat: 23.39g (35.98%), Saturated Fat: 7.48g (46.77%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 56.04g (20.38%), Sugar: 44.92g (49.92%), Cholesterol: 44.19mg (14.73%), Sodium: 293.89mg (12.78%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 4.12g (8.24%), Vitamin A: 801.08IU (16.02%), Selenium: 10.11µg (14.44%), Manganese: 0.21mg (10.34%), Phosphorus: 62.59mg (6.26%), Vitamin B2: 0.09mg (5.46%), Calcium: 53.28mg (5.33%), Vitamin E: 0.78mg (5.21%), Fiber: 1.12g (4.49%), Copper: 0.06mg (3.19%), Iron: 0.56mg (3.11%), Vitamin B5: 0.3mg (3.02%), Folate: 10.26µg (2.56%), Zinc: 0.36mg (2.4%), Magnesium: 9.3mg (2.32%), Vitamin B12: 0.12µg (2%), Potassium: 69.49mg (1.99%), Vitamin B6: 0.04mg (1.91%), Vitamin B1: 0.02mg (1.44%), Vitamin D: 0.18µg (1.17%)