



HEALTH SCORE

61%

Pineapple-Coconut Cupcakes with Buttermilk-Cream Cheese Frosting



Very Healthy

READY IN



245 min.

SERVINGS



1

CALORIES



5262 kcal

DESSERT

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 0.3 cup cream of coconut
- ☐ 3 large eggs
- ☐ 1 serving liquid malt extract green egg-shaped cut into strips
- ☐ 24 peanut butter cups
- ☐ 8 oz cream sour
- ☐ 0.5 teaspoon vanilla extract

☐ 18.3 oz cake mix white

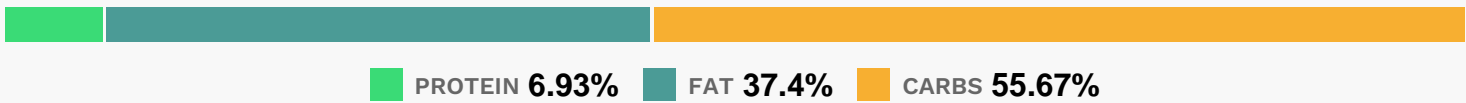
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ melon baller

Directions

- ☐ Preheat oven to 32
- ☐ Place baking cups in 2 (12-cup) muffin pans, and lightly coat with cooking spray.
- ☐ Beat eggs at medium speed with an electric mixer 2 minutes.
- ☐ Add sour cream and next 3 ingredients, beating well after each addition.
- ☐ Add cake mix, and beat at low speed just until blended. Spoon batter into prepared cups, filling three-fourths full.
- ☐ Bake at 325 for 25 to 27 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans to wire racks, and cool completely (about 45 minutes).
- ☐ Scoop out centers of cupcakes, using a 1-inch melon baller and leaving a 1/2-inch border around edges. Discard or reserve centers for another use. Spoon a heaping tablespoonful Pineapple Filling into center of each cupcake.
- ☐ Pipe cupcakes with Buttermilk-Cream Cheese Frosting.
- ☐ TRY THIS TWIST!
- ☐ Pineapple-Carrot Cake Cupcakes with Buttermilk-Cream Cheese Frosting: Omit buttermilk and cream of coconut. Prepare recipe as directed through Step 2, adding 1 cup finely grated carrots; 1 (8-oz.) can crushed pineapple in juice, well drained; 1/2 cup finely chopped toasted pecans; 1/4 cup vegetable oil; 1 tsp. ground cinnamon; and 1/2 tsp. ground ginger before adding cake mix, beating well after each addition. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:70.281739069068%

Nutrients (% of daily need)

Calories: 5261.87kcal (263.09%), Fat: 222.89g (342.91%), Saturated Fat: 98.68g (616.73%), Carbohydrates: 746.63g (248.88%), Net Carbohydrates: 722.94g (262.89%), Sugar: 498.52g (553.91%), Cholesterol: 730.13mg (243.38%), Sodium: 5543.87mg (241.04%), Alcohol: 0.69g (100%), Alcohol %: 0.06% (100%), Caffeine: 28.56mg (9.52%), Protein: 92.94g (185.87%), Phosphorus: 3013.11mg (301.31%), Calcium: 1919.16mg (191.92%), Vitamin B2: 2.97mg (174.75%), Folate: 663.93µg (165.98%), Vitamin B3: 32.17mg (160.85%), Selenium: 111.05µg (158.65%), Vitamin B1: 2.02mg (134.98%), Iron: 17.98mg (99.9%), Fiber: 23.69g (94.74%), Magnesium: 378.32mg (94.58%), Copper: 1.61mg (80.53%), Vitamin B5: 7.55mg (75.48%), Zinc: 10.8mg (72%), Potassium: 2480.85mg (70.88%), Manganese: 1.19mg (59.26%), Vitamin B12: 3.41µg (56.8%), Vitamin A: 2630.46IU (52.61%), Vitamin E: 7.68mg (51.21%), Vitamin B6: 1.02mg (50.81%), Vitamin D: 4.04µg (26.93%), Vitamin K: 27.36µg (26.05%), Vitamin C: 3.87mg (4.7%)