



Pineapple Inside-Out Cupcakes

READY IN



39 min.

SERVINGS



33

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 16 ounce angel food cake mix
- ☐ 33 servings caramel glaze
- ☐ 2.3 cups pineapple ice cream topping fat-free (such as Smucker's)
- ☐ 1 teaspoon vanilla extract

Equipment

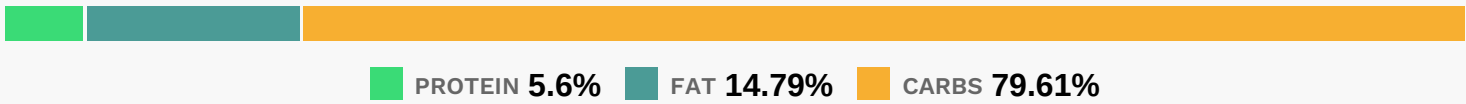
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

☐ muffin liners

Directions

- ☐ Preheat oven to 37
- ☐ Prepare cake mix according to package directions. Stir in vanilla.
- ☐ Place 33 foil muffin cup liners on a large baking sheet, or place in muffin cups. Divide batter evenly among liners, filling about two-thirds full.
- ☐ Bake at 375 for 17 to 18 minutes or until cupcakes are golden brown and cracks in cakes appear dry.
- ☐ Cut a deep slit in top center of each cake to form a pocket. Spoon about 1 tablespoon pineapple topping into each warm cake.
- ☐ Spoon about 2 1/2 teaspoons Caramel Glaze evenly over each cake.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:2.28130435976%

Nutrients (% of daily need)

Calories: 161.4kcal (8.07%), Fat: 2.69g (4.14%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 31.94g (11.62%), Sugar: 22.21g (24.68%), Cholesterol: 0.91mg (0.3%), Sodium: 209.21mg (9.1%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.29g (4.59%), Phosphorus: 77.83mg (7.78%), Manganese: 0.1mg (4.89%), Vitamin B2: 0.08mg (4.78%), Calcium: 45mg (4.5%), Copper: 0.09mg (4.35%), Vitamin E: 0.59mg (3.94%), Selenium: 2.39µg (3.41%), Magnesium: 13.18mg (3.29%), Potassium: 92.95mg (2.66%), Fiber: 0.65g (2.6%), Iron: 0.32mg (1.78%), Folate: 7µg (1.75%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.12mg (1.23%), Vitamin B1: 0.02mg (1.16%)