



Praline Mac Nut Crunch Cupcakes

READY IN



140 min.

SERVINGS



24

CALORIES



696 kcal

DESSERT

Ingredients

- ☐ 8 ounces almonds toasted coarsely chopped
- ☐ 1.5 teaspoons baking soda
- ☐ 11 ounces cake flour
- ☐ 2 ounces cocoa powder
- ☐ 1 cup praline paste
- ☐ 6 ounces chocolate dark
- ☐ 3 eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.3 cup macadamia nuts toasted chopped for garnish, optional

- ☐ 0.5 cup macadamia nuts toasted coarsely chopped
- ☐ 24 macadamia nuts whole for garnish, optional
- ☐ 0.5 cup chocolate melted
- ☐ 0.8 cup oil
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 5 ounces cup heavy whipping cream sour
- ☐ 1 pound sugar
- ☐ 2 cups sugar
- ☐ 13 ounces sugar
- ☐ 2 cups butter unsalted
- ☐ 5 ounces butter unsalted soft
- ☐ 2 vanilla beans
- ☐ 2 tablespoons vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 6 ounces chocolate white
- ☐ 2 cups milk whole
- ☐ 1 cup feuilletine such as cacao barry
- ☐ 1 cup feuilletine such as cacao barry

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ stand mixer

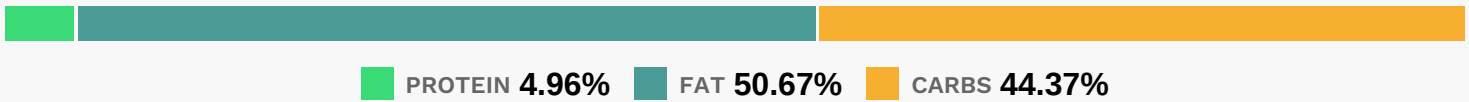
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry bag
- ☐ sifter

Directions

- ☐ For the cupcakes: Preheat the oven to 350 degrees F. Line a standard cupcake or muffin pan with 24 standard cupcake liners.
- ☐ Sift the sugar, flour, baking soda and salt into the bowl of an electric stand mixer with a whisk attachment. In a separate bowl, combine the oil, soft butter, sour cream, vanilla and eggs and whisk until combined.
- ☐ Add the wet mixture in three additions to the dry mixture on medium speed, scraping after each addition. In another separate bowl, whisk the cocoa and 2 1/2 cups hot water until the cocoa is fully dissolved.
- ☐ Add to the cake batter and whisk until the mixture is fully incorporated.
- ☐ Fill the liners three-quarters full (2 ounces) with batter and bake until golden brown and baked through, 15 to 20 minutes. Cool the cupcakes completely.
- ☐ For the nut crunch: In a medium bowl, combine the melted milk chocolate with the feuilletine, praline paste, macadamia nuts and salt. Stir to combine.
- ☐ Cut a small hole in the middle of each chocolate cupcake and fill with the milk chocolate mac nut crunch. Pipe the Vanilla Bean Frosting on the cupcakes with a plain tip.
- ☐ Add a broken piece of the Caramel Almond Paper and sprinkle with the chopped macadamia nuts, if using.
- ☐ Temper the dark chocolate and dip the whole macadamia nuts in it.
- ☐ Temper the white chocolate and pipe a small amount onto parchment, using a spatula to spread and form into half clamshell shapes. Stick two halves into the frosting to open up like a clam, and then place a chocolate covered mac nut in the center.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

- ☐ In medium saucepot, bring the milk and vanilla beans to a boil. Using a whisk, continuously stir in the flour until the mixture becomes thick and the flour is cooked out.
- ☐ Spread the hot milk mixture onto a sheet pan and top with plastic wrap to prevent a skin from forming. Refrigerate until fully cooled, about 20 minutes.
- ☐ In the bowl of an electric stand mixer with a paddle attachment, cream the butter and vanilla for 5 minutes.
- ☐ Add the sugar and cream for an additional 5 minutes. Slowly add the cooled milk mixture and cream for 3 minutes until the frosting becomes white, light and fluffy.
- ☐ Put the frosting into a pastry bag fitted with a medium star tip.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a medium saucepot, heat up the sugar, stirring continuously until caramelized and golden amber in color.
- ☐ Add in the almonds and stir until completely coated.
- ☐ Pour into a thin layer onto a silicone baking mat and let cool completely.
- ☐ In a food processor, add the cooled caramel nut mix and grind into a fine powder. Using a sifter, lightly sprinkle into a thin layer on a silicone baking mat.
- ☐ Bake in the oven until golden brown, 8 to 10 minutes.
- ☐ Let cool completely before breaking into pieces and using.

Nutrition Facts



Properties

Glycemic Index:26.12, Glycemic Load:48.91, Inflammation Score:-6, Nutrition Score:12.346521779247%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 696.06kcal (34.8%), Fat: 40.52g (62.33%), Saturated Fat: 19.17g (119.82%), Carbohydrates: 79.82g (26.61%), Net Carbohydrates: 75.35g (27.4%), Sugar: 61.42g (68.24%), Cholesterol: 81.45mg (27.15%), Sodium: 598.73mg (26.03%), Alcohol: 0.49g (100%), Alcohol %: 0.35% (100%), Caffeine: 13.51mg (4.5%), Protein: 8.92g (17.84%), Manganese: 0.9mg (45.06%), Vitamin E: 3.53mg (23.56%), Copper: 0.46mg (23.24%), Magnesium: 78.7mg (19.67%), Phosphorus: 187.01mg (18.7%), Fiber: 4.47g (17.88%), Vitamin B2: 0.28mg (16.61%), Selenium: 11.26µg (16.08%), Vitamin A: 734.97IU (14.7%), Iron: 2.45mg (13.63%), Calcium: 102.49mg (10.25%), Zinc: 1.48mg (9.9%), Vitamin B1: 0.14mg (9.55%), Potassium: 299.41mg (8.55%), Vitamin K: 7.75µg (7.39%), Vitamin B3: 1.07mg (5.33%), Folate: 19.67µg (4.92%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.71µg (4.71%), Vitamin B12: 0.28µg (4.7%), Vitamin B6: 0.09mg (4.6%)