



Salted Caramel Apple Push-It-Ups

READY IN



65 min.

SERVINGS



24

CALORIES



292 kcal

DESSERT

Ingredients

- 1 box spice cake mix
- 1.3 cups water
- 0.3 cup cooking oil
- 3 eggs
- 2 cups apples peeled chopped (2 medium)
- 14 oz individually wrapped caramels
- 3 tablespoons whipping cream
- 1 teaspoon sea salt
- 24 lemon-lime soda pop

- 16 oz cream cheese frosting
- 0.3 cup peanuts chopped

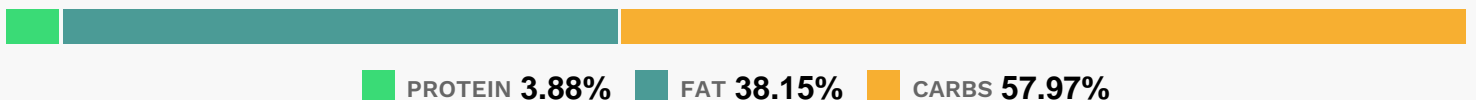
Equipment

- bowl
- sauce pan
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F. Spray 48 mini muffin cups with cooking spray.
- In large bowl, beat cake mix water, oil and eggs with electric mixer on low speed until moistened; beat 2 minutes on high speed. Stir in chopped apples. Divide batter evenly into muffin cups.
- Bake 10 to 12 minutes or until toothpick inserted in center comes out clean. Cool completely, about 30 minutes.
- In 2-quart saucepan, heat caramels, whipping cream and salt over medium heat 3 to 4 minutes, stirring frequently, until melted.
- To assemble push-up cakes, drop 1 mini cupcake into each push-up pop container.
- Add 1 tablespoon melted caramels and 1 tablespoon frosting. Repeat layers.
- Sprinkle tops with chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:8.67, Inflammation Score:-1, Nutrition Score:3.9526086864264%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 291.58kcal (14.58%), Fat: 12.66g (19.48%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 42.54g (15.47%), Sugar: 34.04g (37.82%), Cholesterol: 23.74mg (7.91%), Sodium: 324.45mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Phosphorus: 87.23mg (8.72%), Manganese: 0.17mg (8.48%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.1mg (7%), Iron: 1.24mg (6.87%), Calcium: 50.65mg (5.07%), Vitamin E: 0.76mg (5.05%), Folate: 18.27µg (4.57%), Potassium: 147.38mg (4.21%), Vitamin B3: 0.83mg (4.16%), Copper: 0.08mg (4.12%), Vitamin K: 4.2µg (4%), Selenium: 2.7µg (3.86%), Fiber: 0.76g (3.04%), Magnesium: 12.01mg (3%), Vitamin B5: 0.28mg (2.76%), Vitamin B6: 0.04mg (1.88%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.1µg (1.69%), Vitamin A: 70.48IU (1.41%)