



Salted Caramel Apple Push-It-Ups

READY IN



65 min.

SERVINGS



24

CALORIES



1161 kcal

DESSERT

Ingredients

- 2 cups apples peeled chopped (2 medium)
- 14 oz individually wrapped caramels
- 1 container cream cheese frosting
- 3 eggs
- 24 round cake
- 0.3 cup cooking oil
- 0.3 cup peanuts chopped
- 1 teaspoon sea salt
- 1 box spice cake mix

- 1.3 cups water
- 3 tablespoons whipping cream

Equipment

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

Directions

- Heat oven to 350F. 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:-5, Nutrition Score:22.78434784516%

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: 1161.47kcal (58.07%), Fat: 20.76g (31.94%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 226.28g (75.43%), Net Carbohydrates: 224.02g (81.46%), Sugar: 144.13g (160.14%), Cholesterol: 329.74mg (109.91%), Sodium: 2193.36mg (95.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.2%), Vitamin B1: 0.83mg (55.59%), Vitamin B2: 0.94mg (55.03%), Iron: 9.4mg (52.2%), Phosphorus: 498.13mg (49.81%), Selenium: 30µg (42.86%), Manganese: 0.8mg (39.98%), Folate: 159.27µg (39.82%), Vitamin B3: 6.62mg (33.11%), Calcium: 260.62mg (26.06%), Vitamin B5: 1.71mg (17.1%), Vitamin B12: 0.82µg (13.69%), Copper: 0.27mg (13.42%), Potassium: 444.31mg (12.69%), Zinc: 1.8mg (11.98%), Magnesium: 45.01mg (11.25%), Vitamin A: 532.48IU (10.65%), Vitamin E: 1.48mg (9.85%), Vitamin B6: 0.19mg (9.68%), Fiber: 2.26g (9.04%), Vitamin D: 0.74µg (4.93%), Vitamin K: 4.8µg (4.57%)