



Salted Caramel Cupcakes

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 cup butter softened
- ☐ 1 cup dulce de leche
- ☐ 0.5 cup coconut creamer
- ☐ 8 ounce cream cheese softened
- ☐ 3 eggs
- ☐ 24 servings fleur del sel
- ☐ 7 cups powdered sugar sifted

- ☐ 1 box vanilla cake donut holes french with half a cup of caramel sauce)
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350° and line cupcake pans with cupcake papers. In a large bowl, using electric mixer, combine cake mix, eggs, butter, cream and water for 1 minute on low. Scrap sides, then mix on high for 1 minute. Divide batter evenly between cupcake wells and gently shake to smooth batter.
- ☐ Bake 18–20 minutes (10 minutes for mini cupcakes) or until toothpick inserted into the center cupcakes comes out clean.
- ☐ Let cupcakes cool completely before frosting. Unfrosted cupcakes can be frozen in a covered container for 1–2 weeks.
- ☐ Place butter in a large mixing bowl and blend slightly.
- ☐ Add cream cheese and blend until combined, about 30 seconds.
- ☐ Add the caramel and mix until fully incorporated. Slowly add powdered sugar 1 cup at a time and blend on low speed until combined and desired consistency (you want your frosting pretty thick). Increase to medium speed and beat until it begins to get fluffy. (about 1 minute) Pipe caramel frosting on top of cupcakes with an extra large round pastry tip
- ☐ Drizzle frosting with caramel
- ☐ Lightly garnish with fleur de sel

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.9978260916212%

Nutrients (% of daily need)

Calories: 328.33kcal (16.42%), Fat: 12.24g (18.83%), Saturated Fat: 7.36g (46.02%), Carbohydrates: 53.35g (17.78%), Net Carbohydrates: 53.11g (19.31%), Sugar: 44g (48.89%), Cholesterol: 50.34mg (16.78%), Sodium: 442.32mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Phosphorus: 95.87mg (9.59%), Vitamin A: 392.98IU (7.86%), Selenium: 4.66µg (6.66%), Calcium: 62.31mg (6.23%), Vitamin B2: 0.1mg (6.09%), Folate: 18.8µg (4.7%), Vitamin E: 0.55mg (3.64%), Vitamin B1: 0.05mg (3.44%), Iron: 0.55mg (3.06%), Vitamin B3: 0.53mg (2.65%), Manganese: 0.05mg (2.43%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.23mg (1.54%), Vitamin B12: 0.09µg (1.43%), Vitamin K: 1.46µg (1.39%), Copper: 0.03mg (1.32%), Vitamin B6: 0.02mg (1.05%), Potassium: 36.43mg (1.04%), Magnesium: 4.12mg (1.03%)