



Salted Caramel-Topped Chocolate Cupcakes

READY IN



80 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 1.3 cups water
- ☐ 3 eggs
- ☐ 4 oz pear puree 100%
- ☐ 8 oz non-dairy whipped topping frozen thawed reduced-fat
- ☐ 2 tablespoons mrs richardson's butterscotch caramel sauce fat-free warmed
- ☐ 1 serving sea salt

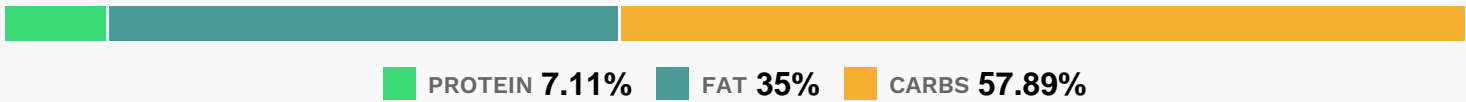
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, beat cake mix, water, eggs and spinach purée with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups, filling about three-fourths full.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ Just before serving, spread about 2 tablespoons whipped topping on each cupcake; drizzle with 1/4 teaspoon caramel topping.
- ☐ Sprinkle with sea salt.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.6260869554851%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg

Nutrients (% of daily need)

Calories: 112.51kcal (5.63%), Fat: 4.59g (7.06%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.56g (6.02%), Sugar: 10.74g (11.94%), Cholesterol: 20.65mg (6.88%), Sodium: 177.54mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Phosphorus: 67.79mg (6.78%), Selenium: 4.2µg (6%), Iron: 0.92mg (5.13%), Copper: 0.08mg (4.21%), Folate: 16.09µg (4.02%), Calcium: 38.5mg (3.85%), Vitamin B2:

0.06mg (3.78%), Magnesium: 10.46mg (2.62%), Potassium: 85.57mg (2.44%), Vitamin B1: 0.04mg (2.4%), Vitamin E: 0.35mg (2.32%), Manganese: 0.05mg (2.28%), Vitamin C: 1.73mg (2.09%), Fiber: 0.51g (2.03%), Vitamin A: 89.86IU (1.8%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.19%), Vitamin B12: 0.07µg (1.18%), Vitamin K: 1.2µg (1.14%)