



## Salted Caramel-Topped Chocolate Cupcakes

READY IN



80 min.

SERVINGS



24

CALORIES



111 kcal

DESSERT

### Ingredients

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

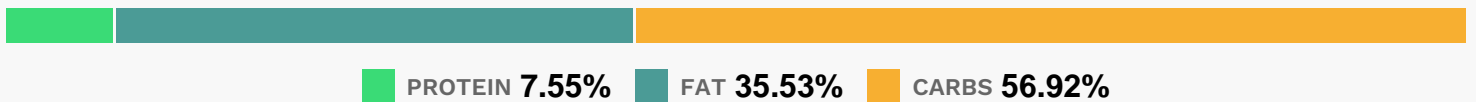
### Equipment

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

## Directions

- Heat oven to 350F.
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cake mix, water, eggs and spinach pure 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:1.33, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:4.2213043959244%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 110.76kcal (5.54%), Fat: 4.59g (7.06%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 16g (5.82%), Sugar: 10.11g (11.24%), Cholesterol: 20.65mg (6.88%), Sodium: 366.94mg (15.95%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin K: 23.82µg (22.69%), Vitamin A: 481.79IU (9.64%), Phosphorus: 69.45mg (6.94%), Selenium: 4.22µg (6.02%), Iron: 1.05mg (5.81%), Folate: 23.23µg (5.81%), Calcium: 42.77mg (4.28%), Manganese: 0.09mg (4.27%), Copper: 0.09mg (4.26%), Vitamin B2: 0.07mg (4.2%), Magnesium: 13.73mg (3.43%), Potassium: 104.04mg (2.97%), Vitamin E: 0.4mg (2.68%), Vitamin B1: 0.04mg (2.56%), Fiber: 0.54g (2.14%), Vitamin B3: 0.34mg (1.68%), Zinc: 0.25mg (1.67%), Vitamin C: 1.34mg (1.62%), Vitamin B6: 0.03mg (1.37%), Vitamin B12: 0.07µg (1.18%), Vitamin B5: 0.11mg (1.14%)