

Salted Turtle Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



446 kcal

DESSERT

Ingredients

- 1 box duncan hines devil's food cake (1 lb 2.25 oz)
- 1 cup buttermilk
- 14 oz individually wrapped caramels
- 3 lb chocolate frosting dark
- 1 tablespoon sea salt
- 3 eggs
- 1 cup pecans toasted chopped
- 0.3 cup vegetable oil
- 0.3 cup whipping cream

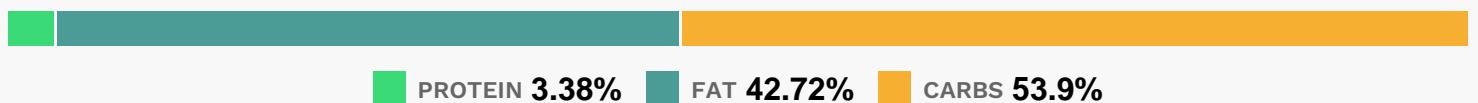
Equipment

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

Directions

- Heat oven to 350F.
- Place baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cake mix, buttermilk, oil and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, 30 minutes.
- In 3-quart saucepan, melt caramels with whipping cream over low heat, stirring frequently, until melted. Cool 5 minutes. Spoon mixture into medium resealable food-storage plastic bag; seal bag.
- Cut off tiny corner of bag. Twist bag above frosting. To fill cupcakes, insert tip of plastic bag halfway into cupcake center and squeeze until you see caramel start to surface.
- Frost cupcakes with frosting; drizzle with remaining caramel.
- Sprinkle with pecans and sea salt.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:8.45, Inflammation Score:-2, Nutrition Score:6.3213043381339%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 445.95kcal (22.3%), Fat: 22.17g (34.11%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 61.56g (22.38%), Sugar: 51.2g (56.89%), Cholesterol: 25.52mg (8.51%), Sodium: 602.44mg (26.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.11mg (1.04%), Protein: 3.95g (7.89%), Manganese: 0.39mg (19.26%), Phosphorus: 145.65mg (14.57%), Copper: 0.25mg (12.49%), Vitamin E: 1.56mg (10.39%), Iron: 1.86mg (10.32%), Vitamin B2: 0.13mg (7.86%), Magnesium: 30.51mg (7.63%), Selenium: 5.29µg (7.56%), Calcium: 73.93mg (7.39%), Potassium: 248.05mg (7.09%), Vitamin K: 6.83µg (6.51%), Vitamin B1: 0.09mg (6.16%), Fiber: 1.38g (5.51%), Zinc: 0.7mg (4.68%), Folate: 16.57µg (4.14%), Vitamin B5: 0.31mg (3.11%), Vitamin B12: 0.15µg (2.48%), Vitamin B3: 0.45mg (2.24%), Vitamin B6: 0.04mg (2.12%), Vitamin D: 0.28µg (1.86%), Vitamin A: 93.24IU (1.86%)