



School Days Applesauce Cupcakes

READY IN



130 min.

SERVINGS



24

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup apple juice
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 3 eggs
- ☐ 0.5 cup butter
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup milk
- ☐ 2 cups powdered sugar

- ☐ 12 oz fluffy frosting white
- ☐ 48 chocolate bar miniature (from 12-oz bag)

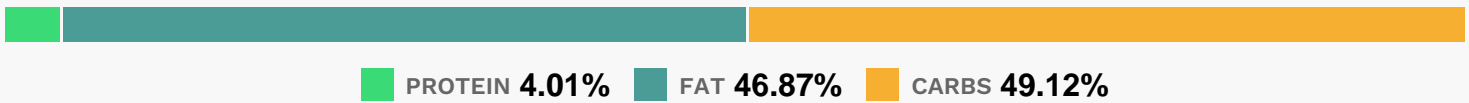
Equipment

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

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cupcake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ In 2-quart saucepan, melt butter over medium heat. Stir in brown sugar; heat to boiling, stirring constantly. Stir in milk; return to a boil.
- ☐ Remove from heat. Beat in powdered sugar with electric mixer on low speed until smooth. Frost cupcakes. (If frosting becomes thick, stir in 1/2 teaspoon milk.)
- ☐ For each cupcake, pipe computer keyboard and screen onto 2 chocolate candy bars. Pipe frosting on 1 long edge of keyboard; place screen onto keyboard. Pipe small amount of frosting on bottom of computer; place on cupcake. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:9.04, Inflammation Score:-6, Nutrition Score:14.545652123249%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 595.62kcal (29.78%), Fat: 31.19g (47.99%), Saturated Fat: 15.5g (96.84%), Carbohydrates: 73.55g (24.52%), Net Carbohydrates: 67.11g (24.4%), Sugar: 51.58g (57.31%), Cholesterol: 22.44mg (7.48%), Sodium: 250.63mg (10.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 44.8mg (14.93%), Protein: 6g (12.01%), Manganese: 1.15mg (57.69%), Copper: 1.02mg (50.77%), Iron: 7.32mg (40.68%), Magnesium: 132.42mg (33.11%), Fiber: 6.44g (25.75%), Phosphorus: 257.46mg (25.75%), Zinc: 2.01mg (13.4%), Potassium: 451.64mg (12.9%), Calcium: 103.26mg (10.33%), Vitamin B2: 0.17mg (10.05%), Selenium: 6.39µg (9.13%), Vitamin E: 0.96mg (6.39%), Vitamin K: 6.61µg (6.29%), Vitamin B3: 1.15mg (5.74%), Vitamin B1: 0.08mg (5.12%), Folate: 18.61µg (4.65%), Vitamin A: 226IU (4.52%), Vitamin B5: 0.44mg (4.35%), Vitamin B12: 0.25µg (4.1%), Vitamin B6: 0.06mg (2.77%)