



## School Days Applesauce Cupcakes

READY IN



130 min.

SERVINGS



24

CALORIES



556 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup apple juice
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 48 chocolate bar miniature (from 12-oz bag)
- ☐ 3 eggs
- ☐ 0.5 cup fluffy frosting white
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 2 cups powdered sugar

- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 box cake mix yellow

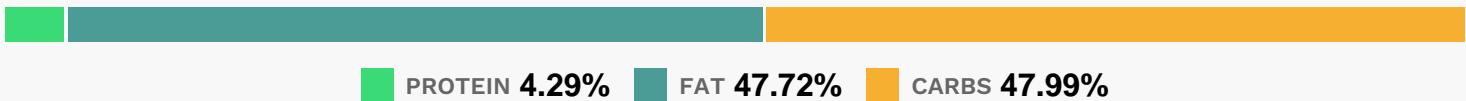
## Equipment

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

## Directions

- ☐ Heat oven to 350F (325F 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:6.28, Inflammation Score:-6, Nutrition Score:14.342173890575%

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: 556.05kcal (27.8%), Fat: 29.66g (45.63%), Saturated Fat: 15.21g (95.09%), Carbohydrates: 67.12g (22.37%), Net Carbohydrates: 60.68g (22.07%), Sugar: 45.61g (50.68%), Cholesterol: 22.44mg (7.48%), Sodium: 233.21mg (10.14%), 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: 7.31mg (40.6%), Magnesium: 132.33mg (33.08%), Fiber: 6.44g (25.75%), Phosphorus: 255.76mg (25.58%), Zinc: 2mg (13.36%), Potassium: 448.42mg (12.81%), Calcium: 102.98mg (10.3%), Selenium: 6.39µg (9.12%), Vitamin B2: 0.14mg (8.37%), Vitamin B3: 1.13mg (5.63%), Vitamin E: 0.81mg (5.42%), Vitamin K: 5.38µg (5.12%), Vitamin B1: 0.08mg (5.06%), Vitamin A: 226IU (4.52%), Folate: 17.85µg (4.46%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.25µg (4.1%), Vitamin B6: 0.06mg (2.77%)