



Slam Dunk

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



525 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 32 ounces caramel popcorn with peanuts, for garnish
- ☐ 3 large eggs at room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 1.3 cups granulated sugar
- ☐ 1 tablespoon heavy whipping cream
- ☐ 0.5 cup honey
- ☐ 1.5 cups milk

- ☐ 4 cups powdered sugar
- ☐ 1 cup honey roasted peanuts finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound butter unsalted at room temperature
- ☐ 1.5 sticks butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoon vanilla extract

Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks

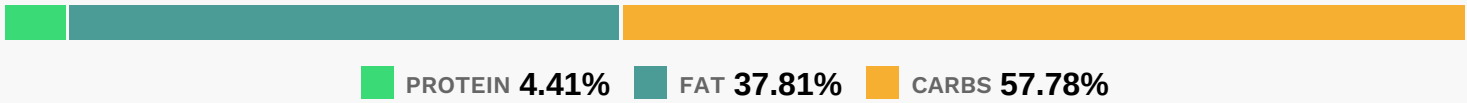
Directions

- ☐ Preheat the oven to 350 degrees F. Line cupcake pans with 24 liners.
- ☐ In a medium bowl, stir together the flour, baking powder and salt. In a large mixing bowl, using a electric mixer with paddle attachment, beat the butter on medium to medium-high speed for 30 seconds, gradually adding the granulated sugar about 1/4 cup at a time, until combined. Scrape the sides of the bowl down and beat until light and fluffy, about 2 minutes more.
- ☐ Add the eggs one at a time, beating well after each addition.
- ☐ Add the honey and vanilla. Alternately add the flour mixture and the milk, beating on low speed after each addition just until combined. Fold in the chopped peanuts.
- ☐ Spoon the batter into the lined pans, filling the cups half to two-thirds full.
- ☐ Bake until a wooden toothpick inserted in the cupcake center comes out clean, 18 to 22 minutes. Cool the cupcakes completely.
- ☐ Frost the cupcakes with Vanilla Buttercream Frosting.
- ☐ Place caramel popcorn on top of the frosting in a mounded fashion, pressing gently to secure.
- ☐ Using an electric mixer with paddle attachment, beat the butter until smooth.

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Add the vanilla extract. Alternately add the powdered sugar and heavy whipping cream, beating on high after each addition until the frosting reaches piping consistency.

Nutrition Facts



Properties

Glycemic Index:13.64, Glycemic Load:17.87, Inflammation Score:-4, Nutrition Score:7.2082608078161%

Nutrients (% of daily need)

Calories: 524.93kcal (26.25%), Fat: 22.68g (34.9%), Saturated Fat: 10.95g (68.43%), Carbohydrates: 78g (26%), Net Carbohydrates: 75.13g (27.32%), Sugar: 56.73g (63.04%), Cholesterol: 63.18mg (21.06%), Sodium: 214.56mg (9.33%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 5.95g (11.91%), Manganese: 0.33mg (16.31%), Vitamin B3: 2.55mg (12.74%), Selenium: 8.86µg (12.66%), Fiber: 2.87g (11.49%), Phosphorus: 110.52mg (11.05%), Vitamin B1: 0.16mg (10.54%), Vitamin A: 483.31IU (9.67%), Vitamin B2: 0.16mg (9.48%), Folate: 36.98µg (9.25%), Iron: 1.61mg (8.93%), Calcium: 76.21mg (7.62%), Magnesium: 29.57mg (7.39%), Vitamin E: 0.92mg (6.16%), Copper: 0.12mg (5.82%), Vitamin K: 6µg (5.72%), Potassium: 143.39mg (4.1%), Zinc: 0.61mg (4.07%), Vitamin D: 0.55µg (3.67%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.17µg (2.85%), Vitamin B6: 0.05mg (2.72%)