



Spiced Apple Cupcakes with Salted Caramel Frosting

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



292 kcal

DESSERT

Ingredients

- 1 Cups baker's chocolate
- 0.5 cup sugar
- 1 teaspoon apple pie spice
- 0.5 cup apple cider
- 2 tablespoons shortening softened
- 1 teaspoon vanilla
- 1 eggs

- 1.3 cups apples peeled chopped (1 medium)
- 16 oz vanilla frosting
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 0.3 teaspoon kosher salt (coarse)
- 1.5 cups frangelico

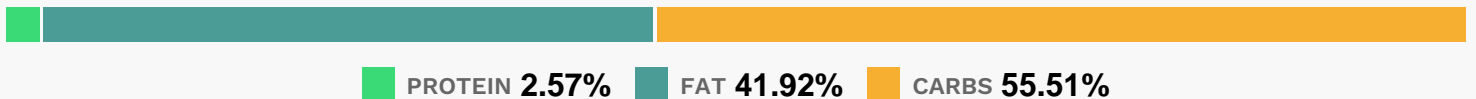
Equipment

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

Directions

- Heat oven to 375°F.
- Place Reynolds Baking Cup in each of 12 regular-size muffin cups
- In large bowl, beat all cupcake ingredients except apple with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Fold in apple. Fill muffin cups about three-fourths full.
- Bake 17 to 22 minutes or until toothpick inserted in center comes out clean. Immediately remove cupcakes from pan to cooling rack; cool completely.
- In small bowl, mix frosting and caramel topping until smooth and spreadable. Frost cupcakes.
- Sprinkle with kosher salt.

Nutrition Facts



Properties

Glycemic Index:15.49, Glycemic Load:17.77, Inflammation Score:-3, Nutrition Score:5.5473912332369%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 7.37mg, Catechin: 7.37mg, Catechin: 7.37mg, Catechin: 7.37mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 17.04mg, Epicatechin: 17.04mg, Epicatechin: 17.04mg, Epicatechin: 17.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 292.29kcal (14.61%), Fat: 14.44g (22.22%), Saturated Fat: 5.35g (33.41%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 40.84g (14.85%), Sugar: 37.32g (41.47%), Cholesterol: 13.64mg (4.55%), Sodium: 142.71mg (6.2%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.8mg (2.93%), Protein: 1.99g (3.98%), Manganese: 0.5mg (25.06%), Copper: 0.36mg (18.23%), Iron: 2.11mg (11.7%), Magnesium: 38.43mg (9.61%), Vitamin B2: 0.15mg (8.77%), Fiber: 2.18g (8.73%), Zinc: 1.15mg (7.64%), Vitamin K: 7.46µg (7.11%), Phosphorus: 62.24mg (6.22%), Vitamin E: 0.82mg (5.48%), Potassium: 137.96mg (3.94%), Selenium: 2.19µg (3.13%), Folate: 8.35µg (2.09%), Calcium: 19.48mg (1.95%), Vitamin B1: 0.03mg (1.76%), Vitamin B3: 0.26mg (1.3%), Vitamin B5: 0.13mg (1.3%)