



Taffy Apple Cupcakes

READY IN



45 min.

SERVINGS



12

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 20 individually wrapped caramels
- ☐ 12 celery stalks
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup apples i use 2 granny smith apples cored peeled finely chopped
- ☐ 0.3 cup milk
- ☐ 1 cup walnuts finely chopped
- ☐ 18.3 oz duncan hines classic decadent cake mix

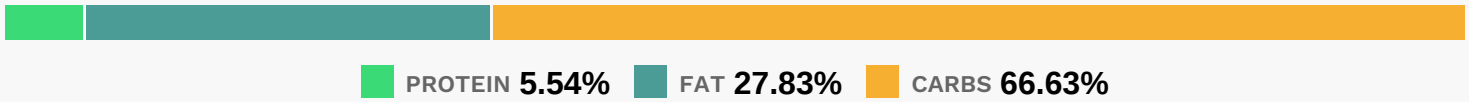
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Prepare cake mix according to package instructions; stir in apples and cinnamon. Fill paper-lined jumbo muffin cups 2/3 full.
- ☐ Bake at 350 degrees for 20 to 25 minutes, until a toothpick inserted near center tests clean.
- ☐ Combine caramels and milk in a small saucepan over low heat; stir until melted and smooth.
- ☐ Drizzle caramel over cooled cupcakes; sprinkle nuts over top. Insert a craft stick into center of each cupcake.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:8.97, Inflammation Score:-2, Nutrition Score:6.6526087859403%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 297.05kcal (14.85%), Fat: 9.49g (14.59%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 49.61g (18.04%), Sugar: 30.7g (34.11%), Cholesterol: 1.78mg (0.59%), Sodium: 345.06mg (15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Manganese: 0.45mg (22.28%), Phosphorus: 205.33mg (20.53%), Calcium: 136.29mg (13.63%), Folate: 42.16µg (10.54%), Vitamin B1: 0.15mg (9.96%), Copper: 0.2mg (9.87%), Vitamin B2: 0.16mg (9.58%), Selenium: 4.6µg (6.57%), Iron: 1.18mg (6.53%), Magnesium: 24.6mg

(6.15%), Vitamin B3: 1.19mg (5.96%), Fiber: 1.49g (5.94%), Vitamin B6: 0.08mg (4.21%), Zinc: 0.6mg (4.03%), Potassium: 134.93mg (3.86%), Vitamin E: 0.55mg (3.69%), Vitamin B5: 0.32mg (3.21%), Vitamin K: 3.17µg (3.02%), Vitamin B12: 0.08µg (1.29%)