



Toasted Almond Cupcakes with Caramel Frosting

READY IN



125 min.

SERVINGS



24

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 1 Cups baker's chocolate
- ☐ 1.5 cups almonds sliced
- ☐ 1 box cake mix white
- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup butter
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup milk
- ☐ 2 cups powdered sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place Reynolds Baking Cups in each of 24 regular-size muffin cups. In shallow pan, toast almonds 6 to 10 minutes, stirring occasionally, until golden brown. Cool 15 minutes. Reserve 1 cup almonds for garnish. In food processor, grind remaining almonds until finely ground.
- ☐ In large bowl, beat cake mix, water, oil, whole eggs and almond extract with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Fold in ground almonds. Divide batter evenly among muffin cups.
- ☐ Bake and cool as directed on box for cupcakes.
- ☐ In 2-quart saucepan, melt butter over medium heat. Stir in brown sugar.
- ☐ Heat to boiling, stirring constantly. Reduce heat to low; boil and stir 2 minutes. Stir in milk.
- ☐ Heat to boiling.
- ☐ Remove from heat. Cool to lukewarm, about 30 minutes.
- ☐ Gradually stir powdered sugar into brown sugar mixture.
- ☐ Place saucepan of frosting in bowl of cold water. Beat with spoon until smooth and spreadable. If frosting becomes too stiff, stir in additional milk, 1 teaspoon at a time. Frost a few cupcakes at a time with 1 tablespoon frosting each; press reserved almonds lightly into frosting. Store loosely covered.

Nutrition Facts



 **PROTEIN 4.48%**  **FAT 35.57%**  **CARBS 59.95%**

Properties

Glycemic Index:2, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:5.8008695326584%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 7.84mg, Epicatechin: 7.84mg, Epicatechin: 7.84mg, Epicatechin: 7.84mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 250.72kcal (12.54%), Fat: 10.43g (16.05%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 37.69g (13.71%), Sugar: 28.18g (31.31%), Cholesterol: 0.31mg (0.1%), Sodium: 199mg (8.65%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Caffeine: 4.4mg (1.47%), Protein: 2.95g (5.91%), Manganese: 0.41mg (20.57%), Copper: 0.26mg (12.98%), Phosphorus: 126.28mg (12.63%), Vitamin E: 1.83mg (12.2%), Magnesium: 37.17mg (9.29%), Iron: 1.66mg (9.23%), Calcium: 80.47mg (8.05%), Fiber: 1.87g (7.47%), Vitamin B2: 0.13mg (7.36%), Zinc: 0.82mg (5.48%), Folate: 19.29µg (4.82%), Vitamin B1: 0.07mg (4.57%), Vitamin B3: 0.81mg (4.06%), Selenium: 2.75µg (3.93%), Vitamin A: 173.34IU (3.47%), Potassium: 119.59mg (3.42%), Vitamin B5: 0.13mg (1.25%), Vitamin K: 1.12µg (1.07%), Vitamin B6: 0.02mg (1.06%)