



Toasted Almond Cupcakes with Caramel Frosting

READY IN



125 min.

SERVINGS



24

CALORIES



245 kcal

DESSERT

Ingredients

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

Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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 4.23%**  **FAT 29.98%**  **CARBS 65.79%**

Properties

Glycemic Index:2, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:4.5078260988483%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 244.57kcal (12.23%), Fat: 8.32g (12.8%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 40.02g (14.55%), Sugar: 28.71g (31.9%), Cholesterol: 0.41mg (0.14%), Sodium: 261.48mg (11.37%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 2.64g (5.29%), Phosphorus: 133.53mg (13.35%), Vitamin E: 1.81mg (12.09%), Manganese: 0.2mg (9.96%), Calcium: 83.87mg (8.39%), Vitamin B2: 0.14mg (8.32%), Folate: 24µg (6%), Vitamin B1: 0.09mg (5.95%), Magnesium: 20.44mg (5.11%), Vitamin B3: 0.96mg (4.82%), Iron: 0.84mg (4.68%), Copper: 0.09mg (4.48%), Fiber: 1.06g (4.24%), Selenium: 2.68µg (3.83%), Vitamin A: 173.54IU (3.47%), Potassium: 82.09mg (2.35%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.16mg (1.6%), Vitamin B6: 0.02mg (1.17%)