



Turtle Cupcakes

 Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 20.5 ounce fudge brownie mix low-fat
- ☐ 0.3 cup ice cream topping fat-free caramel-flavored
- ☐ 0.3 cup pecans finely chopped

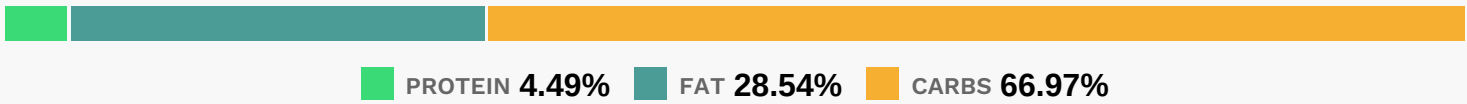
Equipment

- ☐ oven

Directions

- ☐
- Prepare brownie mix according to package directions; stir in pecans.
- ☐
- Place paper baking cups in muffin pans, and coat with cooking spray. Spoon half of batter into cups, filling each about one-third full. Spoon 1 teaspoon caramel topping into center of each cupcake. In each cup, drop 1 teaspoon batter from tip of a spoon, guiding the dripping batter around the caramel topping. Top evenly with remaining batter.
- ☐
- Bake at 350 for 25 minutes.
- ☐
- Remove from pans, and let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:0, Nutrition Score:1.6204347753816%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 310.59kcal (15.53%), Fat: 9.9g (15.22%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 51.71g (18.8%), Sugar: 32.46g (36.07%), Cholesterol: 0.1mg (0.03%), Sodium: 204.76mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Iron: 1.83mg (10.19%), Manganese: 0.16mg (8.01%), Copper: 0.07mg (3.4%), Fiber: 0.55g (2.18%), Magnesium: 8.16mg (2.04%), Vitamin E: 0.3mg (2.03%), Phosphorus: 17.38mg (1.74%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.21mg (1.38%), Potassium: 39.95mg (1.14%)