



Upside-Down Turtle Muffins

READY IN



65 min.

SERVINGS



12

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup semi chocolate chips
- 3 tablespoons butter
- 0.3 cup buttermilk
- 0.3 cup brown sugar packed
- 1 teaspoon vanilla
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt

- 0.3 cup pecans chopped
- 24 individually wrapped caramels (from 5.3-oz bag)
- 36 small cashew pieces

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- toothpicks
- muffin liners
- muffin tray

Directions

- Heat oven to 400°F. Spray bottoms, sides and tops of 12 regular-size muffin cups with cooking spray.
- In 1 1/2-quart heavy saucepan, melt chocolate chips and butter over low heat, stirring frequently; cool slightly. Stir in buttermilk, brown sugar, vanilla and egg.
- In large bowl, mix flour, baking soda, salt and chopped pecans. Stir in chocolate mixture just until combined. Divide batter evenly among muffin cups. Push 1 caramel into center of batter in each muffin cup.
- Bake 14 to 16 minutes or until toothpick inserted 1/2 inch from edge of muffin comes out clean. Cool 1 minute. Turn muffin pan upside down onto cookie sheet to remove muffins. Immediately place another caramel on bottom of each muffin. Leaving muffins upside down on cookie sheet, return to oven about 1 minute or until caramel is soft enough to add pecan halves.
- Place 3 pecan halves on caramel on each muffin. Cool until caramel is slightly firm before serving, about 10 minutes.
- Serve warm if desired.

Nutrition Facts



■ PROTEIN 6.39% ■ FAT 39.72% ■ CARBS 53.89%

Properties

Glycemic Index:17.18, Glycemic Load:16.18, Inflammation Score:-3, Nutrition Score:5.7930435318014%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 257.04kcal (12.85%), Fat: 11.59g (17.83%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 34.13g (12.41%), Sugar: 22.55g (25.05%), Cholesterol: 16.22mg (5.41%), Sodium: 285.55mg (12.42%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.45mg (2.15%), Protein: 4.2g (8.4%), Manganese: 0.36mg (17.78%), Copper: 0.25mg (12.29%), Phosphorus: 100.52mg (10.05%), Selenium: 6.95µg (9.93%), Vitamin B1: 0.14mg (9.59%), Magnesium: 36.58mg (9.15%), Vitamin B2: 0.14mg (8.34%), Iron: 1.45mg (8.08%), Folate: 23.64µg (5.91%), Zinc: 0.8mg (5.32%), Calcium: 53.01mg (5.3%), Fiber: 1.25g (4.99%), Potassium: 159.65mg (4.56%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.34mg (3.43%), Vitamin A: 169.42IU (3.39%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 2.58µg (2.45%), Vitamin E: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.16µg (1.07%)