



## Vanilla Cupcakes with Caramel Sea Salt Frosting

 Vegetarian

READY IN



115 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

### Ingredients

- 15 oz betty crocker's cake mix gluten free yellow
- 0.5 cup butter softened
- 0.7 cup water
- 2 teaspoons vanilla pure
- 3 eggs
- 0.3 cup butter
- 0.7 cup brown sugar packed

- 2 tablespoons milk
- 0.5 teaspoon vanilla pure
- 1 cup powdered sugar gluten-free
- 0.3 teaspoon sea salt

## Equipment

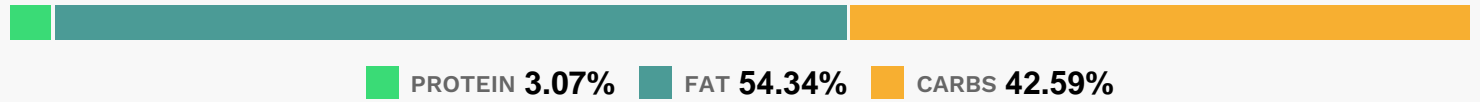
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan).
- Place paper baking cup in each of 12 regular-size muffin cups.
- In large bowl, beat all cupcake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- Meanwhile, in 2-quart heavy saucepan, melt 1/4 cup butter over medium heat. Stir in brown sugar with whisk.
- Heat to boiling, stirring constantly. Stir in milk. Return to boiling.
- Remove from heat; cool until lukewarm, about 30 minutes. Stir in 1/2 teaspoon vanilla; gradually stir in powdered sugar until spreadable (add additional milk if frosting becomes too thick). Frost cupcakes.

Sprinkle with sea salt.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.827826048369%

## Nutrients (% of daily need)

Calories: 206.7kcal (10.33%), Fat: 12.63g (19.43%), Saturated Fat: 7.68g (48.02%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 22.28g (8.1%), Sugar: 21.91g (24.34%), Cholesterol: 71.72mg (23.91%), Sodium: 160.6mg (6.98%), Alcohol: 0.29g (100%), Alcohol %: 0.37% (100%), Protein: 1.6g (3.21%), Vitamin A: 418IU (8.36%), Selenium: 3.77µg (5.39%), Vitamin B2: 0.06mg (3.6%), Vitamin E: 0.45mg (2.97%), Phosphorus: 28.25mg (2.82%), Calcium: 23.4mg (2.34%), Vitamin B12: 0.14µg (2.26%), Vitamin B5: 0.21mg (2.1%), Vitamin D: 0.25µg (1.65%), Iron: 0.29mg (1.61%), Folate: 5.72µg (1.43%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.17mg (1.15%), Potassium: 40.03mg (1.14%)