



Winning Caramel Apple Cupcakes with Vanilla Bean Cream Cheese Frosting

 Vegetarian

READY IN



32 min.

SERVINGS



24

CALORIES



496 kcal

DESSERT

Ingredients

- ☐ 4 apples cored peeled chopped (recommended: 2 Granny Smith and 2 Fuji)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 24 servings caramel syrup for garnish
- ☐ 8 ounce bar cream cheese room temperature
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose

- ☐ 2 cups granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 pounds powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted melted
- ☐ 1 cup butter unsalted room temperature
- ☐ 1 tablespoon vanilla bean paste
- ☐ 2 teaspoons vanilla extract pure

Equipment

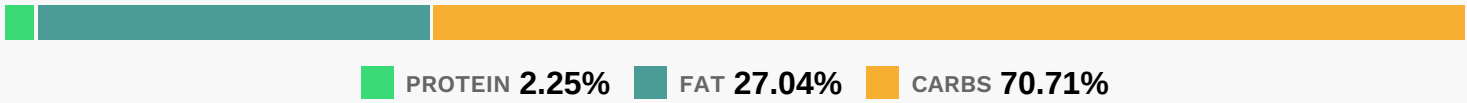
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 350 degrees F. Line 2 regular size cupcake pans with cupcake liners.
- ☐ In a large bowl using an electric mixer on low speed, combine the sugar, eggs, butter, and vanilla extract until blended. In a separate large bowl, combine the flour, cinnamon, baking soda, baking powder, and salt.
- ☐ Add the flour mixture to the butter mixture, mixing on low until blended. Stir in the apples.
- ☐ Fill the cupcake liners three-quarters full with batter and bake until the cupcakes spring back when touched with your finger, 15 to 20 minutes.
- ☐ Let cool in the pans for a few minutes, and then remove to a wire rack to cool completely.
- ☐ Either pipe Vanilla Bean Cream Cheese Frosting onto the cupcakes using a pastry bag and your favorite tip, or spread each cupcake with the frosting.
- ☐ Drizzle each cupcake with caramel syrup.

- ☐ In a large bowl using an electric mixer on low speed, beat the butter, cream cheese, and vanilla bean paste until smooth and thoroughly blended. Slowly add the powdered sugar and salt.
- ☐ Mix until smooth.

Nutrition Facts



Properties

Glycemic Index:12.55, Glycemic Load:18.68, Inflammation Score:-4, Nutrition Score:4.0056521840717%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 496.01kcal (24.8%), Fat: 15.36g (23.64%), Saturated Fat: 9.35g (58.45%), Carbohydrates: 90.42g (30.14%), Net Carbohydrates: 89.32g (32.48%), Sugar: 80.38g (89.32%), Cholesterol: 55.55mg (18.52%), Sodium: 383.64mg (16.68%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 2.87g (5.75%), Vitamin A: 556.83IU (11.14%), Selenium: 6.62µg (9.45%), Manganese: 0.14mg (6.84%), Vitamin B2: 0.12mg (6.8%), Vitamin B1: 0.09mg (6.1%), Folate: 24.02µg (6%), Phosphorus: 55.73mg (5.57%), Calcium: 50.02mg (5%), Fiber: 1.1g (4.39%), Iron: 0.67mg (3.73%), Vitamin E: 0.54mg (3.59%), Vitamin B3: 0.66mg (3.32%), Potassium: 94mg (2.69%), Vitamin B5: 0.26mg (2.61%), Vitamin B12: 0.15µg (2.57%), Vitamin D: 0.3µg (1.97%), Vitamin C: 1.6mg (1.94%), Magnesium: 7.63mg (1.91%), Vitamin K: 1.95µg (1.86%), Copper: 0.03mg (1.75%), Vitamin B6: 0.03mg (1.51%), Zinc: 0.21mg (1.39%)