



Adorable Applesauce Cupcakes

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 0.8 cup apple juice
- ☐ 3 eggs
- ☐ 0.5 teaspoon purple gel food coloring red
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 16 gumdrops
- ☐ 12 pretzel sticks thin
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 container vanilla frosting

- ☐ 1 box cake mix yellow
- ☐ 12 pumpkin candies and gummy worms cut in half, if desired

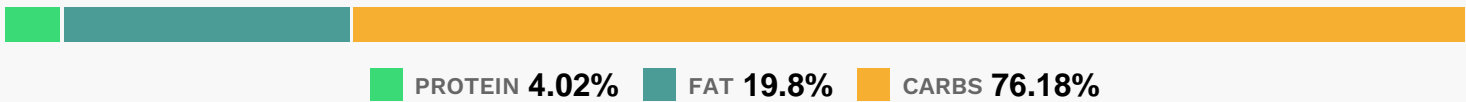
Equipment

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

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, beat 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 tops spring back when lightly touched. Cool in pans 10 minutes; carefully remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ Stir paste food color into frosting in container.
- ☐ Spread frosting over cupcakes.
- ☐ To decorate cupcakes, poke 1 pretzel piece into each cupcake for stem.
- ☐ Cut each gumdrop leaf into 3 slices. Poke 2 gumdrop leaves into top of each cupcake on either side of pretzel stem. Poke half of gummy worm into each cupcake. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:6.65, Inflammation Score:-1, Nutrition Score:2.6330435120541%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 192.89kcal (9.64%), Fat: 4.26g (6.56%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 36.55g (13.29%), Sugar: 25.17g (27.96%), Cholesterol: 20.46mg (6.82%), Sodium: 206.09mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Phosphorus: 82.22mg (8.22%), Vitamin B2: 0.14mg (8.02%), Calcium: 50.38mg (5.04%), Folate: 19.36µg (4.84%), Vitamin B1: 0.06mg (3.84%), Vitamin E: 0.56mg (3.73%), Selenium: 2.39µg (3.41%), Iron: 0.61mg (3.39%), Vitamin K: 3.18µg (3.03%), Manganese: 0.06mg (2.95%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.18mg (1.8%), Vitamin B6: 0.03mg (1.43%), Fiber: 0.34g (1.37%), Vitamin B12: 0.07µg (1.17%), Copper: 0.02mg (1.1%), Potassium: 35.4mg (1.01%)