

Angel Lush Cupcakes

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 16 ounce angel food cake mix
- ☐ 3.4 ounce jell-o vanilla flavor pudding instant
- ☐ 16 ounce dole pineapple in juice crushed undrained canned
- ☐ 15 strawberries fresh cut in half
- ☐ 1 cup cool whip whipped topping thawed

Equipment

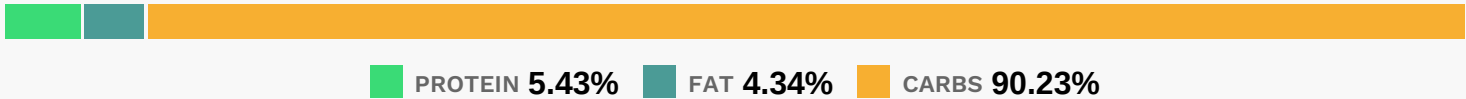
- ☐ bowl
- ☐ oven

☐ muffin liners

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Prepare cake batter as directed on package; pour into 30 paper-lined muffin cups, filling each cup 2/3 full.
- ☐ Bake 12 to 15 min. or until tops are golden brown and cracks feel dry. (Note: If baking in batches, refrigerate remaining batter in bowl until ready to pour into lined muffin cups and bake.) Cool cupcakes in pans 10 min.; remove to wire racks. Cool completely.
- ☐ Mix dry pudding mix and pineapple in medium bowl. Gently stir in COOL WHIP; spread onto cupcakes.
- ☐ Top with berries.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.5352173888165%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 84.11kcal (4.21%), Fat: 0.42g (0.64%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 19.02g (6.92%), Sugar: 14.86g (16.51%), Cholesterol: 0.05mg (0.02%), Sodium: 146.7mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 4.95mg (6%), Phosphorus: 55.37mg (5.54%), Selenium: 2.08µg (2.97%), Calcium: 28.45mg (2.84%), Vitamin B2: 0.05mg (2.8%), Manganese: 0.04mg

(2.24%), Folate: 8.62µg (2.16%), Copper: 0.03mg (1.71%), Fiber: 0.41g (1.65%), Potassium: 44.85mg (1.28%), Magnesium: 4.89mg (1.22%), Vitamin B1: 0.02mg (1.16%)