



April Showers Cupcakes

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 0.3 cup sprinkles light blue
- ☐ 12 oz fluffy frosting white
- ☐ 1.5 cups marshmallows miniature
- ☐ 24 sports drink

Equipment

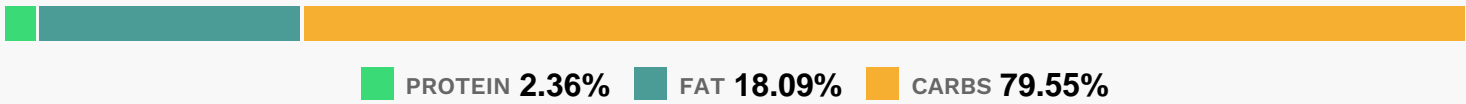
- ☐ oven
- ☐ toothpicks

☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ Make cake mix as directed on box for cupcakes, using water, oil and egg whites. Fold in candy sprinkles until blended. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely.
- ☐ Spoon frosting into decorating bag fitted with 1/2-inch plain tip. On each cupcake, pipe frosting to look like a cloud.
- ☐ Sprinkle with marshmallows. Insert paper umbrella into frosting.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:5.67, Inflammation Score:-1, Nutrition Score:1.9586956552837%

Nutrients (% of daily need)

Calories: 158.79kcal (7.94%), Fat: 3.21g (4.94%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 31.55g (11.47%), Sugar: 21.83g (24.26%), Cholesterol: 0mg (0%), Sodium: 178.12mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Phosphorus: 75.4mg (7.54%), Vitamin B2: 0.09mg (5.27%), Calcium: 48.37mg (4.84%), Folate: 16.24µg (4.06%), Vitamin B1: 0.05mg (3.21%), Selenium: 1.92µg (2.74%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.4mg (2.7%), Iron: 0.45mg (2.5%), Vitamin K: 2.42µg (2.31%), Manganese: 0.04mg (2.22%), Copper: 0.02mg (1.02%)