



Attack of the Martians

READY IN



80 min.

SERVINGS



20

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pkg chocolate cake mix (2-layer)
- 3.4 oz jell-o pistachio flavor pudding instant
- 1 Tbsp round silver candies hard
- 0.3 cup funmallows marshmallows jet-puffed miniature
- 4 marshmallows jet-puffed cut in half
- 1 cup milk cold
- 4 oreo cookies split
- 6 oreo bite size cookies split mini
- 0.3 cup powdered sugar

- 2 pieces string licorice
- 1 cup cool whip lite whipped topping thawed

Equipment

- oven
- whisk

Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes. Cool in pans 15 min.
- Remove from pans to wire racks; cool completely.
- Beat dry pudding mix, sugar and milk with whisk 2 min. Stir in COOL WHIP.
- Spread onto cupcakes.
- Decorate with remaining ingredients as shown in photo to resemble aliens. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:1.41, Inflammation Score:-2, Nutrition Score:4.0417391009953%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 173.26kcal (8.66%), Fat: 5.62g (8.65%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 29.32g (10.66%), Sugar: 20.09g (22.32%), Cholesterol: 1.65mg (0.55%), Sodium: 281.02mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Phosphorus: 116.94mg (11.69%), Iron: 1.82mg (10.11%), Vitamin K: 6.93µg (6.6%), Copper: 0.12mg (6.02%), Calcium: 56.54mg (5.65%), Manganese: 0.11mg (5.56%), Folate: 20.48µg (5.12%), Selenium: 3.45µg (4.93%), Vitamin B2: 0.08mg (4.77%), Magnesium: 17.29mg (4.32%), Vitamin B1: 0.06mg (4.3%), Fiber: 0.98g (3.94%), Potassium: 129.22mg (3.69%), Vitamin E: 0.45mg (3.03%), Vitamin B3: 0.59mg (2.97%), Zinc: 0.3mg (1.99%), Vitamin A: 94.06IU (1.88%), Vitamin B6: 0.03mg (1.61%), Vitamin C: 1.22mg (1.48%), Vitamin B12: 0.07µg (1.24%), Vitamin B5: 0.12mg (1.17%)