



## Awesome Alien Cupcakes

 Dairy Free

READY IN



115 min.

SERVINGS



24

CALORIES



288 kcal

DESSERT

### Ingredients

- ☐ 1 box duncan hines devil's food cake yellow
- ☐ 6 cups corn flakes/bran flakes kix®
- ☐ 3 tablespoons butter
- ☐ 4 cups marshmallows miniature
- ☐ 0.3 teaspoon purple gel food coloring (from 2.7-oz tube)
- ☐ 48 pumpkin candies and gummy worms (from three 4.25-oz bags)
- ☐ 48 m&m candies
- ☐ 0.7 oz decorating gel black

- ☐ 48 pretzel sticks thin
- ☐ 20 drops drop natural food coloring green
- ☐ 12 oz fluffy frosting white

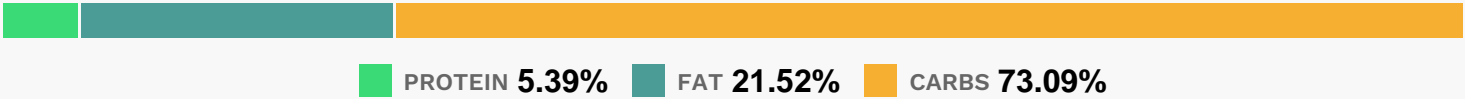
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

## 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 and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ Meanwhile, line 2 cookie sheets with waxed paper. In large bowl, place cereal.
- ☐ In 4-quart saucepan, melt butter over low heat.
- ☐ Add marshmallows; stir until completely melted.
- ☐ Remove from heat. Stir in orange food color.
- ☐ Pour marshmallow mixture over cereal in bowl, stirring until well coated.
- ☐ For feet, place 2 gummy candies on cookie sheet. Spray inside of 1/4-cup measuring cup with cooking spray. For body, fill measuring cup with warm cereal mixture; place over feet, releasing cereal mixture and covering back half of feet. Repeat with remaining gummy candies and cereal mixture to make 24 aliens. Use 2 candy-coated chocolate candies for eyes and black decorating gel to make centers of eyes. Insert 2 pretzels for antennae.
- ☐ Stir green food color into frosting container; frost cupcakes with frosting.
- ☐ Place 1 alien on top of each cupcake; press gently to secure. Store uncovered.

# Nutrition Facts



## Properties

Glycemic Index:10.78, Glycemic Load:13.4, Inflammation Score:-5, Nutrition Score:8.0469565516257%

## Nutrients (% of daily need)

Calories: 288.43kcal (14.42%), Fat: 7.24g (11.14%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 55.3g (18.43%), Net Carbohydrates: 52.94g (19.25%), Sugar: 32.61g (36.24%), Cholesterol: 0.3mg (0.1%), Sodium: 274.55mg (11.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Iron: 3.72mg (20.69%), Manganese: 0.41mg (20.37%), Folate: 81.01µg (20.25%), Vitamin B2: 0.22mg (12.7%), Vitamin B1: 0.17mg (11.12%), Selenium: 7.68µg (10.98%), Vitamin B3: 2.05mg (10.26%), Phosphorus: 98.48mg (9.85%), Fiber: 2.36g (9.44%), Vitamin B6: 0.18mg (8.91%), Vitamin B12: 0.5µg (8.36%), Magnesium: 32.03mg (8.01%), Copper: 0.13mg (6.59%), Vitamin A: 317.62IU (6.35%), Zinc: 0.67mg (4.46%), Vitamin E: 0.55mg (3.69%), Calcium: 35.21mg (3.52%), Potassium: 121.03mg (3.46%), Vitamin K: 2.7µg (2.57%), Vitamin D: 0.33µg (2.2%), Vitamin B5: 0.12mg (1.25%)