



Baby Rattle Pear Cupcakes

READY IN



105 min.

SERVINGS



20

CALORIES



366 kcal

Ingredients

- ☐ 1 box cake mix white
- ☐ 15 oz pears light drained sliced canned
- ☐ 0.3 cup vegetable oil
- ☐ 3 egg whites
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons shortening
- ☐ 1 teaspoon vanilla
- ☐ 4 cups powdered sugar
- ☐ 3 tablespoons milk
- ☐ 1 drop purple gel food coloring green yellow

- ☐ 1 serving sprinkles
- ☐ 8 ribbon ()
- ☐ 20 you will also need: parchment paper ()
- ☐ 20 small gumdrops

Equipment

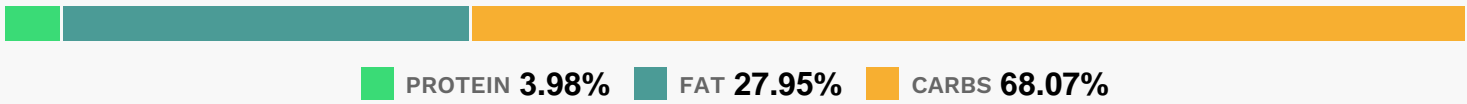
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ skewers
- ☐ muffin liners
- ☐ lollipop sticks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 20 regular-size muffin cups.
- ☐ In large bowl, beat cake mix, pears, 1/3 cup reserved pear syrup, the oil and egg whites with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- ☐ Bake 22 to 27 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- ☐ In medium bowl, beat butter, shortening, vanilla, powdered sugar and 3 tablespoons milk on low speed until well blended. Beat on medium speed, adding more milk if necessary, until fluffy and spreadable.
- ☐ Place 1/3 cup frosting in each of 2 small bowls.
- ☐ Add yellow food color to one bowl and stir to blend; add green food color to other bowl and stir to blend.

- ☐
- Frost cupcakes with remaining white frosting. Pipe designs on cupcakes with yellow and green frostings. Decorate as desired with candy sprinkles. With bamboo skewer, poke hole in side of each cupcake. Tie ribbon bow in center of each lollipop stick.
- ☐
- Add gumdrop to one end of each stick. Insert other ends of sticks into sides of cupcakes, just below frosting, to form rattles. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:7.64, Glycemic Load:3.45, Inflammation Score:-3, Nutrition Score:5.3356521634952%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 366.3kcal (18.31%), Fat: 11.51g (17.71%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 63.06g (21.02%), Net Carbohydrates: 61.77g (22.46%), Sugar: 38.93g (43.26%), Cholesterol: 1.98mg (0.66%), Sodium: 351.86mg (15.3%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 3.69g (7.38%), Selenium: 8.71µg (12.45%), Phosphorus: 110.22mg (11.02%), Vitamin B1: 0.16mg (10.66%), Vitamin B2: 0.16mg (9.62%), Manganese: 0.19mg (9.34%), Folate: 36.16µg (9.04%), Vitamin K: 9.34µg (8.9%), Vitamin B3: 1.7mg (8.5%), Calcium: 73.47mg (7.35%), Iron: 1.27mg (7.05%), Vitamin E: 0.84mg (5.62%), Fiber: 1.29g (5.15%), Vitamin A: 214.62IU (4.29%), Copper: 0.07mg (3.48%), Magnesium: 9.12mg (2.28%), Potassium: 70.3mg (2.01%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.13mg (1.26%), Vitamin C: 0.93mg (1.12%), Vitamin B6: 0.02mg (1.07%)