



BAKER'S ONE BOWL Flower Cupcakes

 Dairy Free

READY IN



81 min.

SERVINGS



12

CALORIES



276 kcal

DESSERT

Ingredients

- 0.5 tsp baking soda
- 6 Tbsp butter
- 2 eggs
- 1.3 cups flour
- 3 drops food coloring
- 0.8 cup granulated sugar
- 12 small round candies
- 12 marshmallows jet-puffed

- 4 oz baker's semi-sweet chocolate
- 0.3 cup colored sugar assorted (colors)
- 1 tsp vanilla
- 0.8 cup water
- 1.5 cups cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- toothpicks
- microwave
- muffin liners

Directions

- Heat oven to 350F.
- Combine flour and baking soda. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted and mixture is well blended.
- Add granulated sugar and vanilla; beat with mixer until blended. Beat in eggs, 1 at a time.
- Add flour mixture alternately with water, mixing well after each addition.
- Spoon into 12 paper-lined muffin cups.
- Bake 19 to 21 min. or until toothpick inserted in centers comes out clean. Cool in pan 10 min.; remove to wire rack. Cool completely.
- Tint COOL WHIP with food coloring; spread onto cupcakes.
- Cut each marshmallow crosswise into 5 pieces with kitchen shears to resemble flower petals; press cut sides in colored sugar. Arrange 5 petals, sugar sides up, on top of each cupcake to resemble flower; fill center with candy.

Nutrition Facts

PROTEIN 4.83% FAT 37.46% CARBS 57.71%

Properties

Glycemic Index:22.97, Glycemic Load:22.26, Inflammation Score:-3, Nutrition Score:4.4769565030608%

Nutrients (% of daily need)

Calories: 276.38kcal (13.82%), Fat: 11.61g (17.86%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 39.1g (14.22%), Sugar: 27.08g (30.09%), Cholesterol: 28.18mg (9.39%), Sodium: 144.04mg (6.26%), Alcohol: 0.12g (100%), Alcohol %: 0.18% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.37g (6.73%), Selenium: 7.9µg (11.29%), Manganese: 0.22mg (10.9%), Copper: 0.15mg (7.67%), Iron: 1.38mg (7.65%), Vitamin B1: 0.11mg (7.39%), Folate: 27.7µg (6.92%), Vitamin B2: 0.12mg (6.89%), Phosphorus: 62.28mg (6.23%), Vitamin A: 303.89IU (6.08%), Magnesium: 21.57mg (5.39%), Fiber: 1.14g (4.57%), Vitamin B3: 0.87mg (4.36%), Zinc: 0.45mg (3.01%), Vitamin E: 0.4mg (2.7%), Potassium: 91.24mg (2.61%), Calcium: 22.69mg (2.27%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.11µg (1.8%), Vitamin B6: 0.02mg (1.21%)