



## Baseball Caps

 Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 box cake mix yellow
- ☐ 16 oz vanilla frosting
- ☐ 1 serving purple gel food coloring assorted
- ☐ 1 serving licorice rounds black
- ☐ 1 serving m&m candies
- ☐ 1 slice fruit assorted
- ☐ 0.7 oz decorating gel

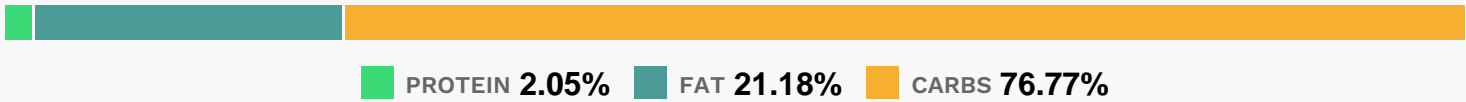
## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ 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 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.
- ☐ Remove paper baking cups.
- ☐ Divide frosting among small bowls for as many colors as desired; stir food color into each.
- ☐ Cut slice from top of each cupcake to make a flat surface. Turn cupcakes upside down. Frost cupcakes with frosting.
- ☐ Starting at center of each cap, place pieces of licorice down sides for seams.
- ☐ Place 1 candy-coated fruit candy at center top. Use fruit slice candies for brims (trim fruit slices if necessary). Pipe team initial or child's name on caps with gel. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:1.79, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:1.9826086983085%

## Nutrients (% of daily need)

Calories: 161.57kcal (8.08%), Fat: 3.81g (5.86%), Saturated Fat: 1g (6.25%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 30.78g (11.19%), Sugar: 21.66g (24.07%), Cholesterol: 0.09mg (0.03%), Sodium: 192.22mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Phosphorus: 70.19mg (7.02%), Vitamin B2: 0.11mg (6.29%), Calcium: 46.75mg (4.67%), Folate: 16.16µg (4.04%), Vitamin B1: 0.05mg (3.44%), Vitamin E: 0.49mg (3.25%), Vitamin K: 3.08µg (2.94%), Vitamin B3: 0.54mg (2.7%), Iron: 0.49mg (2.7%), Manganese: 0.04mg (2.06%), Fiber: 0.28g (1.1%)