



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

 PROTEIN 2.05% FAT 21.18% CARBS 76.77%

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%)