



Bears at the Beach

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 drops food coloring blue
- 0.5 cup graham cracker crumbs
- 48 graham snacks bear-shaped
- 24 funmallows marshmallows jet-puffed miniature
- 2.3 cups cool whip whipped topping divided thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

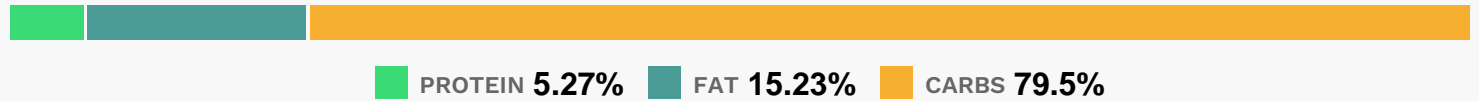
Equipment

- oven

Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes. Cool in pans 15 min.
- Remove from pans to wire racks; cool completely.
- Remove 1-1/4 cups COOL WHIP; set aside. Tint remaining COOL WHIP with food coloring.
- Spread top of each cupcake with some of each color COOL WHIP to resemble the ocean and its beach.
- Sprinkle 1 tsp. graham crumbs over white COOL WHIP on each cupcake for sand.
- Insert 1 small cocktail umbrella into beach area on each cupcake for the beach umbrella. Decorate cupcakes with remaining ingredients as shown in photo. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:2.3526087050205%

Nutrients (% of daily need)

Calories: 135.44kcal (6.77%), Fat: 2.31g (3.56%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 26.46g (9.62%), Sugar: 13.84g (15.37%), Cholesterol: 0.17mg (0.06%), Sodium: 199.73mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Phosphorus: 97.67mg (9.77%), Calcium: 64.29mg (6.43%), Folate: 19.32µg (4.83%), Vitamin B1: 0.06mg (4.17%), Vitamin B2: 0.07mg (4.04%), Iron: 0.69mg (3.82%), Vitamin B3: 0.71mg (3.53%), Selenium: 2.44µg (3.49%), Fiber: 0.68g (2.71%), Manganese: 0.05mg (2.65%), Vitamin E: 0.27mg (1.78%), Magnesium: 4.69mg (1.17%), Copper: 0.02mg (1.16%), Zinc: 0.17mg (1.12%)