



## Beary Fun Cupcake Cones

 Dairy Free

READY IN



155 min.

SERVINGS



30

CALORIES



130 kcal

DESSERT

### Ingredients

- ☐ 1 box cake mix yellow your favorite (or flavor)
- ☐ 30 ice cream cake cones
- ☐ 12 oz fluffy frosting white or any variety)
- ☐ 1 serving m&m candies assorted

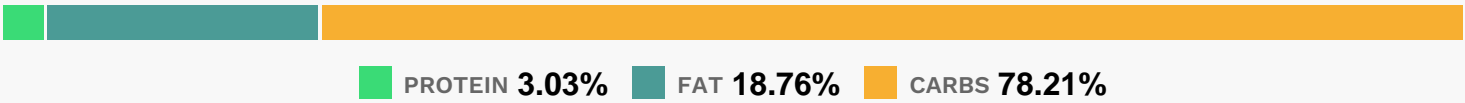
### Equipment

- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

# Directions

- ☐ Heat oven to 350°F. Make cake batter as directed on box. Fill 12 cones about half full of batter. Stand cones in muffin pan. Refrigerate any leftover batter until ready to fill and bake remaining cones.
- ☐ Bake 21 to 26 minutes or until toothpick carefully inserted in center of cupcake comes out clean. Cool completely, about 1 hour.
- ☐ Frost with frosting and decorate. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:1.43, Glycemic Load:3.31, Inflammation Score:-1, Nutrition Score:1.8869565189209%

## Nutrients (% of daily need)

Calories: 130.01kcal (6.5%), Fat: 2.71g (4.17%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 25.06g (9.11%), Sugar: 15.17g (16.85%), Cholesterol: 0.08mg (0.03%), Sodium: 156.9mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Phosphorus: 59.34mg (5.93%), Vitamin B2: 0.09mg (5.19%), Folate: 19.55µg (4.89%), Calcium: 38.28mg (3.83%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.6mg (3.01%), Iron: 0.53mg (2.93%), Manganese: 0.06mg (2.79%), Vitamin E: 0.36mg (2.42%), Vitamin K: 2.05µg (1.95%), Fiber: 0.34g (1.36%), Copper: 0.02mg (1.03%), Selenium: 0.72µg (1.03%)