



Berry Patriotic Cupcakes

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



179 kcal

Ingredients

- 0.3 cup blueberries
- 12 chocolate cupcakes cooled
- 12 small strawberries cut into 5 slices
- 1.5 cups cool whip whipped topping thawed

Equipment

Directions

- Spread cupcakes with COOL WHIP.

Arrange 5 strawberry slices on top of each cupcake to form star.

Fill centers of stars with blueberries.

Nutrition Facts

 PROTEIN 5.9%  FAT 32.74%  CARBS 61.36%

Properties

Glycemic Index:6.67, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:3.1017391552096%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.98mg, Petunidin: 0.98mg, Petunidin: 0.98mg, Petunidin: 0.98mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 178.51kcal (8.93%), Fat: 6.59g (10.14%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 27.24g (9.9%), Sugar: 18.12g (20.14%), Cholesterol: 1.05mg (0.35%), Sodium: 147.46mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Selenium: 5.85µg (8.35%), Vitamin B2: 0.12mg (6.78%), Calcium: 63.86mg (6.39%), Manganese: 0.12mg (6.1%), Vitamin B1: 0.08mg (5.65%), Vitamin C: 4.5mg (5.46%), Phosphorus: 48.98mg (4.9%), Folate: 18.49µg (4.62%), Iron: 0.7mg (3.89%), Vitamin B3: 0.71mg (3.54%), Vitamin K: 3.24µg (3.09%), Fiber: 0.56g (2.23%), Potassium: 63.4mg (1.81%), Magnesium: 6.91mg (1.73%), Copper: 0.03mg (1.57%), Zinc: 0.16mg (1.08%)