



Berry-Topped Cupcakes

READY IN



60 min.

SERVINGS



1

CALORIES



2718 kcal

DESSERT

Ingredients

- 0.5 cup blueberries
- 1 cup milk fat-free cold
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 24 small strawberries fresh cut into 5 slices
- 8 oz cool whip whipped topping sugar free thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

Equipment

- bowl

oven

whisk

Directions

Prepare cake batter and bake as directed on package for 24 cupcakes, following the reduced-fat directions. Cool in pans 10 min.; remove from pans to wire racks. Cool completely.

Meanwhile, beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP. Refrigerate until ready to use.

Frost cupcakes with pudding mixture. Arrange 5 berry slices on top of each to resemble star; fill centers with blueberries.

Nutrition Facts



PROTEIN 5.57% **FAT 16.33%** **CARBS 78.1%**

Properties

Glycemic Index:113.25, Glycemic Load:11.38, Inflammation Score:-9, Nutrition Score:54.937826529793%

Flavonoids

Cyanidin: 9.08mg, Cyanidin: 9.08mg, Cyanidin: 9.08mg, Cyanidin: 9.08mg Petunidin: 23.52mg, Petunidin: 23.52mg, Petunidin: 23.52mg, Petunidin: 23.52mg Delphinidin: 26.74mg, Delphinidin: 26.74mg, Delphinidin: 26.74mg, Delphinidin: 26.74mg Malvidin: 50.03mg, Malvidin: 50.03mg, Malvidin: 50.03mg, Malvidin: 50.03mg Pelargonidin: 41.75mg, Pelargonidin: 41.75mg, Pelargonidin: 41.75mg, Pelargonidin: 41.75mg Peonidin: 15.1mg, Peonidin: 15.1mg, Peonidin: 15.1mg, Peonidin: 15.1mg Catechin: 9.14mg, Catechin: 9.14mg, Catechin: 9.14mg, Catechin: 9.14mg Epigallocatechin: 1.8mg, Epigallocatechin: 1.8mg, Epigallocatechin: 1.8mg, Epigallocatechin: 1.8mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg Gallic acid: 0.14mg, Gallic acid: 0.14mg, Gallic acid: 0.14mg, Gallic acid: 0.14mg

Nutrients (% of daily need)

Calories: 2717.95kcal (135.9%), Fat: 49.85g (76.68%), Saturated Fat: 35.91g (224.45%), Carbohydrates: 536.17g (178.72%), Net Carbohydrates: 525.18g (190.97%), Sugar: 321.53g (357.25%), Cholesterol: 11.89mg (3.96%), Sodium: 4028.99mg (175.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.27g (76.53%), Phosphorus: 2222.04mg (222.2%), Calcium: 1649.39mg (164.94%), Vitamin C: 105.96mg (128.44%), Folate: 418.36µg (104.59%), Vitamin B2: 1.72mg (101.06%), Manganese: 1.97mg (98.33%), Vitamin B1: 1.37mg (91.48%), Selenium: 55.81µg (79.72%), Vitamin B3: 13.81mg (69.05%), Iron: 11.23mg (62.37%), Fiber: 10.99g (43.97%), Vitamin E: 6.54mg (43.61%), Vitamin K: 39.19µg (37.33%), Potassium: 1278.44mg (36.53%), Magnesium: 128.43mg (32.11%), Vitamin B12: 1.87µg (31.24%), Copper: 0.58mg (28.76%), Zinc: 4.07mg (27.11%), Vitamin B5: 2.7mg (26.96%), Vitamin B6: 0.45mg (22.48%), Vitamin D: 2.69µg (17.97%), Vitamin A: 727.75IU (14.55%)