



Birthday Cupcakes

 Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 1 container fluffy frosting (any flavor)
- ☐ 24 jam hard ring-shaped
- ☐ 1 box cake mix yellow

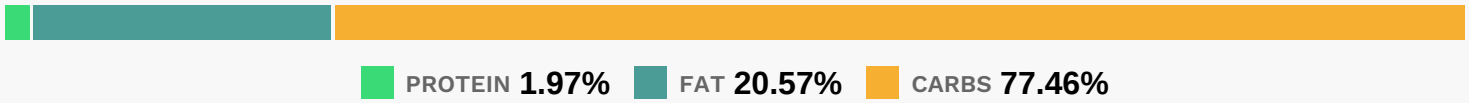
Equipment

- ☐ oven

Directions

- ☐
- Heat oven to 350F (325F for dark or nonstick pans). Make and cool cake as directed on box for 24 cupcakes.
- ☐
- Frost with frosting. Decorate with candies. Store loosely covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:5.99, Inflammation Score:-1, Nutrition Score:1.9999999980564%

Nutrients (% of daily need)

Calories: 162.52kcal (8.13%), Fat: 3.72g (5.72%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 31.24g (11.36%), Sugar: 21.96g (24.4%), Cholesterol: 0mg (0%), Sodium: 192.56mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Phosphorus: 70.43mg (7.04%), Vitamin B2: 0.11mg (6.39%), Calcium: 46.23mg (4.62%), Folate: 16.3µg (4.07%), Vitamin B1: 0.05mg (3.46%), Vitamin E: 0.49mg (3.29%), Vitamin K: 3.13µg (2.98%), Vitamin B3: 0.54mg (2.71%), Iron: 0.48mg (2.69%), Manganese: 0.04mg (2.08%), Fiber: 0.27g (1.08%)