



## Black Forest Cupcakes

 Vegetarian

READY IN



32 min.

SERVINGS



24

CALORIES



202 kcal

DESSERT

### Ingredients

- ☐ 18.3 ounce devil's food cake mix
- ☐ 1.3 cups cherry soda black
- ☐ 2 teaspoons cherry extract
- ☐ 3 eggs
- ☐ 1 drops pink food coloring
- ☐ 24 maraschino cherries whole with stems
- ☐ 1 container vanilla frosting
- ☐ 0.5 cup vegetable oil

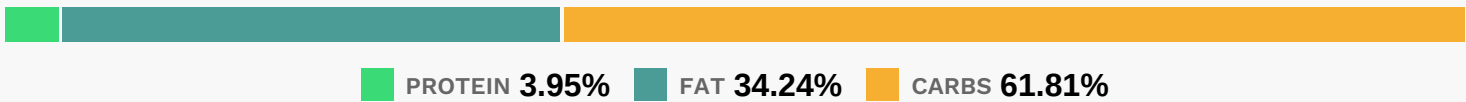
# Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

# Directions

- ☐ Preheat oven to 350 degrees F. Line 2 (12-cup) muffin tins with paper liners.
- ☐ In a large bowl combine cake mix, soda, vegetable oil and eggs. Using a hand mixer combine all ingredients, batter will still be somewhat lumpy.
- ☐ Pour batter into muffin cups.
- ☐ Bake 19 to 22 minutes, turning the pans halfway through baking.
- ☐ Remove to a rack and allow to cool completely.
- ☐ In a large bowl combine frosting, extract and pink food coloring. When cupcakes are cool ice with pink cherry frosting and top each with maraschino cherry

# Nutrition Facts



# Properties

Glycemic Index:3.63, Glycemic Load:5.87, Inflammation Score:-1, Nutrition Score:3.2443478159283%

# Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 201.96kcal (10.1%), Fat: 7.94g (12.21%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 31.39g (11.42%), Sugar: 23.4g (26%), Cholesterol: 20.46mg (6.82%), Sodium: 221.28mg (9.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Phosphorus: 74.41mg (7.44%), Vitamin B2: 0.12mg (7.08%), Iron: 1.15mg (6.38%), Selenium: 4.39µg (6.27%), Copper: 0.1mg (5.11%), Vitamin K: 5.25µg (5%), Vitamin E: 0.67mg (4.49%), Folate: 17.81µg (4.45%), Calcium: 39.74mg (3.97%), Fiber: 0.85g (3.39%), Magnesium: 12.07mg (3.02%), Potassium: 104.26mg (2.98%), Vitamin B1: 0.04mg (2.86%), Manganese: 0.06mg (2.79%), Vitamin B3: 0.4mg (2.02%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.14mg (1.43%), Vitamin B6: 0.02mg (1.1%)