



Black Raspberry & Lemon Crush Ice Cream Cupcakes

 Popular

READY IN



45 min.

SERVINGS



30

CALORIES



577 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted (1 stick)
- ☐ 30 cupcake liners
- ☐ 3 large eggs
- ☐ 3 cups cup heavy whipping cream
- ☐ 30 servings whipped cream black with strawberry too)
- ☐ 1 juice of lemon
- ☐ 1 lemon zest

- ☐ 1.5 cups marshmallow creme
- ☐ 30 peanut butter cups
- ☐ 1 slices raspberries
- ☐ 1 box vanilla cake donut holes french (I use Duncan Hines)
- ☐ 1 cup water

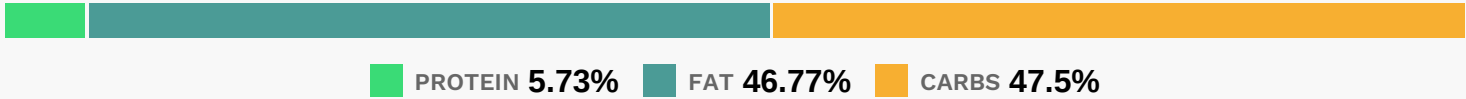
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Preheat Oven to 350° and line cupcake pans with cupcake papers. Melt butter in microwave. Using large bowl, add cake mix, eggs butter, water, lemon rind and lemon juice; using electric mixer, mix on low for 1 minute, then on high for one minute. Fill cupcake papers 1/2 full (a little smaller than you normally fill for cupcakes)
- ☐ Bake for 15–20 minutes, until toothpick comes out clean. Cool completely
- ☐ Using electric mixer and large bowl, whisk whipping cream and marshmallow cream on low and gradually move up to high as it thickens – mix until stiff peaks form.
- ☐ Remove cupcakes from wrappers and slice in half.
- ☐ Place bottom half of cupcake in new nut cup. Working quickly, spread ice cream over cupcakes, then place cupcake tops over ice cream
- ☐ Place ice cream cupcakes on pan and freeze for about 2 hours. Working quickly and with a few cupcakes at a time, pipe frosting on cupcakes and garnish, place back in freezer. Freeze a minimum of four hours before serving. Store in freezer in plastic container. Will keep for 1 week.
- ☐ Serve frozen and enjoy!

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:9.164347830026%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 576.87kcal (28.84%), Fat: 30.55g (47%), Saturated Fat: 15.62g (97.61%), Carbohydrates: 69.82g (23.27%), Net Carbohydrates: 68.19g (24.8%), Sugar: 49.18g (54.65%), Cholesterol: 84.55mg (28.18%), Sodium: 411.8mg (17.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin B2: 0.39mg (22.81%), Phosphorus: 219.46mg (21.95%), Calcium: 211.37mg (21.14%), Vitamin A: 781.32IU (15.63%), Selenium: 10.79µg (15.41%), Vitamin B1: 0.18mg (11.93%), Folate: 43.85µg (10.96%), Vitamin B3: 1.93mg (9.66%), Potassium: 273mg (7.8%), Vitamin B5: 0.76mg (7.62%), Iron: 1.37mg (7.61%), Magnesium: 29.35mg (7.34%), Vitamin B12: 0.43µg (7.08%), Zinc: 1.02mg (6.78%), Fiber: 1.63g (6.54%), Manganese: 0.13mg (6.36%), Vitamin E: 0.79mg (5.24%), Copper: 0.1mg (5.16%), Vitamin D: 0.61µg (4.09%), Vitamin K: 4.24µg (4.04%), Vitamin B6: 0.08mg (4.02%), Vitamin C: 1.33mg (1.61%)