



Blue Velvet Cupcakes

READY IN



76 min.

SERVINGS



16

CALORIES



281 kcal

DESSERT

Ingredients

- 0.5 cup blueberries fresh
- 16 oz ready-to-spread cream cheese frosting
- 0.1 tsp violet paste food color
- 2 tsp royal paste food color blue
- 3.4 oz jell-o cheesecake flavor pudding instant
- 0.7 oz strawberry popping candy
- 1 Tbsp cocoa powder unsweetened
- 1 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

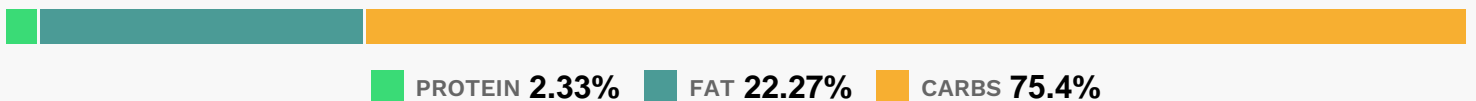
Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package.
- Add dry pudding mix, cocoa powder and food colors; mix well. Spoon into 24 paper-lined muffin cups.
- Bake 18 to 21 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pans 10 min.
- Remove from pans to wire racks; cool completely.
- Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended. Pipe or spread onto cupcakes.
- Garnish 12 cupcakes with blueberries and remaining cupcakes with candy pieces.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.9443478279788%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg

Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 280.82kcal (14.04%), Fat: 7.05g (10.84%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 53.68g (17.89%), Net Carbohydrates: 53.06g (19.29%), Sugar: 38.55g (42.84%), Cholesterol: 0.27mg (0.09%), Sodium: 365.8mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Phosphorus: 116.24mg (11.62%), Calcium: 77.01mg (7.7%), Folate: 23.14µg (5.79%), Manganese: 0.1mg (4.92%), Vitamin B1: 0.07mg (4.87%), Vitamin B2: 0.08mg (4.63%), Selenium: 3.09µg (4.41%), Iron: 0.75mg (4.19%), Vitamin B3: 0.81mg (4.03%), Fiber: 0.62g (2.49%), Copper: 0.05mg (2.39%), Vitamin E: 0.33mg (2.21%), Vitamin K: 1.92µg (1.83%), Magnesium: 6.41mg (1.6%), Zinc: 0.19mg (1.26%), Potassium: 43.38mg (1.24%), Vitamin B5: 0.1mg (1.02%)