

Bug Cupcakes

airy Free







DESSERT

Ingredients

	1	box ca	ke mix	yellow	your	favori	ite	(or f	lavo	r)

12 oz vanilla frosting white

1 drops xantham gum assorted

1 serving snack peppers (any variety)

0.7 oz decorating gel black

Equipment

oven

wire rack

	muffin liners								
Di	Directions								
	Heat oven to 350°F (325°F for dark or nonstick pans).								
	Place paper baking cup in each of 24 regular-size muffin cups.								
	Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.								
	Frost cupcakes with frosting. Decorate with whole or cut-up gumdrops, candies, cut-up or thinly rolled fruit snacks and gel to look like ladybugs, bumblebees, butterflies, caterpillars and beetles.								
Nutrition Facts									
	PROTEIN 2.3% FAT 18.76% CARBS 78.94%								

Properties

Glycemic Index:3.13, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:1.8821738968887%

Nutrients (% of daily need)

Calories: 138.65kcal (6.93%), Fat: 2.9g (4.45%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 27.12g (9.86%), Sugar: 18.27g (20.3%), Cholesterol: Omg (0%), Sodium: 182.92mg (7.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.8g (1.59%), Phosphorus: 69.34mg (6.93%), Vitamin B2: 0.09mg (5.45%), Calcium: 45.88mg (4.59%), Folate: 15.8µg (3.95%), Vitamin B1: 0.05mg (3.41%), Vitamin E: 0.42mg (2.77%), Vitamin B3: 0.53mg (2.65%), Iron: 0.47mg (2.62%), Vitamin K: 2.47µg (2.35%), Manganese: 0.04mg (2.06%), Fiber: 0.29g (1.18%)