



## Candy Corn Cereal Treat Cupcakes

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



187 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup candy corn
- ☐ 6 cups corn flakes/bran flakes crushed cheerios®
- ☐ 0.5 teaspoon purple gel food coloring yellow
- ☐ 10.5 oz marshmallows miniature ()
- ☐ 1 tablespoon cranberry-orange relish white yellow
- ☐ 0.8 teaspoon orange food coloring
- ☐ 2 containers vanilla frosting betty crocker®

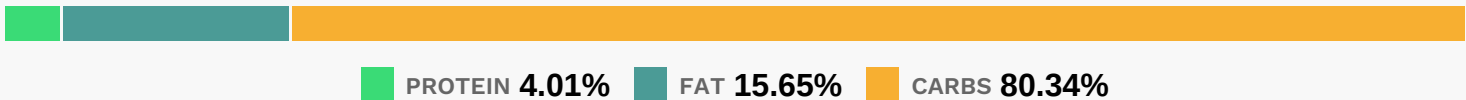
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ microwave
- ☐ muffin liners

# Directions

- ☐ Place paper baking cup in each of 15 regular-size muffin cups; spray paper cups with cooking spray. In large microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted.
- ☐ Add marshmallows; toss until coated. Microwave uncovered on High about 1 minute 30 seconds, stirring after 45 seconds, until mixture can be stirred smooth. Immediately add cereal and candy corn; stir until evenly coated.
- ☐ Firmly press about 1/2 cup cereal mixture into each muffin cup. Cool about 15 minutes or until firm.
- ☐ Remove from pan.
- ☐ In small bowl, mix 1 1/2 cups frosting and yellow food color. In another small bowl, mix 1 1/4 cups frosting and orange food color. Leave remaining frosting white. Spoon each color frosting into separate quart-size resealable food-storage plastic bag; seal bags.
- ☐ Cut off 1/2-inch corner of bags; squeeze bags to pipe frosting in layers on cupcakes to look like candy corn. Decorate with candy sprinkles.

# Nutrition Facts



# Properties

Glycemic Index:14.55, Glycemic Load:17.02, Inflammation Score:-7, Nutrition Score:9.63695646045%

# Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

Nutrients (% of daily need)

Calories: 186.51kcal (9.33%), Fat: 3.44g (5.3%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 36.81g (13.38%), Sugar: 24.25g (26.95%), Cholesterol: 0mg (0%), Sodium: 169.46mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Manganese: 0.57mg (28.64%), Folate: 107.26µg (26.82%), Iron: 4.53mg (25.15%), Vitamin B1: 0.21mg (13.96%), Vitamin B6: 0.27mg (13.68%), Vitamin B3: 2.69mg (13.46%), Vitamin B12: 0.8µg (13.4%), Vitamin B2: 0.23mg (13.32%), Selenium: 8.74µg (12.49%), Fiber: 2.97g (11.89%), Vitamin A: 537.55IU (10.75%), Magnesium: 37.25mg (9.31%), Phosphorus: 74.46mg (7.45%), Zinc: 0.81mg (5.39%), Copper: 0.1mg (4.98%), Vitamin D: 0.53µg (3.52%), Potassium: 89.69mg (2.56%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.15mg (1.46%)