



## Carrot Cake Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



173 kcal

DESSERT

### Ingredients

- 1 box betty delights super carrot cake mix
- 3 poached berries (from 5-oz box)
- 3 m&m candies sour separated
- 16 oz cream cheese frosting
- 1 cup cookie crumbs

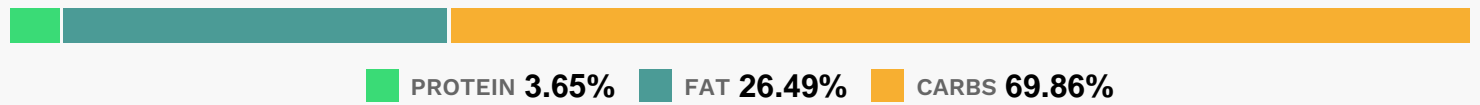
### Equipment

- oven
- muffin liners

## Directions

- Heat oven to 350°F.
- Place paper baking cups in each of 24 regular-size muffin cups.
- Bake and cool cupcakes as directed on package for 24 cupcakes.
- Meanwhile, cut fruit snack into triangles.
- Roll up fruit snack to make a carrot shape. Repeat with remaining fruit snacks to make about 30 carrots.
- Cut green sour candies in half crosswise; cut each half into quarters lengthwise to make thin strips of green candy. Press thin green strips into large end of carrot to make greens on carrot. Repeat with remaining candy.
- Spread frosting over cupcakes.
- Sprinkle with cookie crumbs. Randomly place carrot shapes on tops of cupcakes or press them into cupcakes to make them look like they are planted.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:1.1486956678007%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 172.92kcal (8.65%), Fat: 5.05g (7.77%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 29.23g (10.63%), Sugar: 20.89g (23.21%), Cholesterol: 0.02mg (0.01%), Sodium: 133.03mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin A: 501.17IU (10.02%), Iron: 0.62mg (3.45%), Fiber: 0.72g (2.87%), Calcium: 14.16mg (1.42%), Manganese: 0.02mg (1.02%)