

Chirping Chick Cupcakes

airy Free







DESSERT

Ingredients

	1 box duncan	hines classic	decadent cake mix	white yellow
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- 12 oz fluffy frosting white
- 1 serving food coloring yellow
- 24 gourmet jelly beans
- 48 small m&m candies

Equipment

- oven
- wire rack

	muffin liners				
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 1 container of frosting.				
	Stir a few drops yellow food color into other container of frosting. Spoon 1 heaping teaspoonful yellow frosting on center of each cupcake. To make beak, cut orange jelly bean lengthwise to within 1/8 inch of end; spread apart slightly. Press into yellow frosting as shown				
	Add orange candies for eyes. Store loosely covered.				
	Nutrition Facts				
	PROTEIN 2.56% FAT 20.83% CARBS 76.61%				

Properties

Glycemic Index:1.79, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:1.9721739179576%

Nutrients (% of daily need)

Calories: 153.18kcal (7.66%), Fat: 3.56g (5.48%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 29.16g (10.6%), Sugar: 19.96g (22.18%), Cholesterol: 0.3mg (0.1%), Sodium: 177.23mg (7.71%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.98g (1.97%), Phosphorus: 75.19mg (7.52%), Vitamin B2: 0.09mg (5.27%), Calcium: 49.95mg (5%), Folate: 16.21µg (4.05%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.4mg (2.7%), Selenium: 1.88µg (2.68%), Iron: 0.47mg (2.6%), Vitamin K: 2.42µg (2.31%), Manganese: 0.04mg (2.23%), Fiber: 0.29g (1.17%)