



Chirping Chick Cupcakes

 Dairy Free

READY IN



105 min.

SERVINGS



24

CALORIES



174 kcal

DESSERT

Ingredients

- 2 containers fluffy frosting white
- 24 gourmet jelly beans
- 48 small cranberry-orange relish
- 1 box cake mix white yellow
- 24 servings food coloring yellow

Equipment

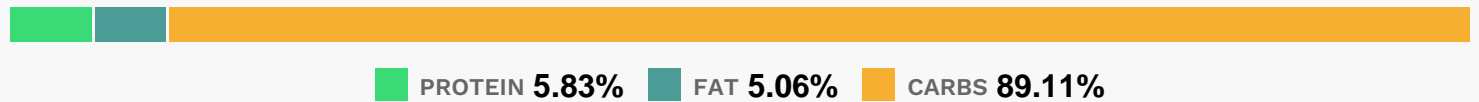
- oven
- wire rack

muffin liners

Directions

- Heat oven to 350F (325F 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



Properties

Glycemic Index:3.56, Glycemic Load:7.69, Inflammation Score:-7, Nutrition Score:10.676086936308%

Flavonoids

Hesperetin: 52.32mg, Hesperetin: 52.32mg, Hesperetin: 52.32mg, Hesperetin: 52.32mg Naringenin: 29.41mg, Naringenin: 29.41mg, Naringenin: 29.41mg, Naringenin: 29.41mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 174.47kcal (8.72%), Fat: 1.04g (1.6%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 36.32g (13.21%), Sugar: 27.77g (30.85%), Cholesterol: 0mg (0%), Sodium: 149.94mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin C: 102.14mg (123.81%), Fiber: 4.85g (19.39%), Folate: 72.69µg (18.17%), Vitamin B1: 0.21mg (14.26%), Calcium: 124.01mg (12.4%), Potassium: 361.27mg (10.32%), Phosphorus: 99.53mg (9.95%), Vitamin A: 432IU (8.64%), Vitamin B2: 0.12mg (7.29%), Vitamin B6: 0.12mg (6.06%), Vitamin B5: 0.54mg (5.43%), Magnesium: 21.59mg (5.4%), Vitamin B3: 1.06mg (5.28%), Copper: 0.1mg (5.21%), Manganese: 0.09mg (4.63%), Selenium: 2.82µg (4.03%), Vitamin E: 0.53mg (3.56%), Iron: 0.61mg (3.41%), Zinc: 0.23mg (1.56%)