



## Chocolate-Candy Cane Cupcakes

READY IN



83 min.

SERVINGS



23

CALORIES



196 kcal

DESSERT

### Ingredients

- 0.3 cup candy canes divided crushed ( 6 small)
- 1 cup knudsen cream sour
- 4 eggs
- 1 pkg chocolate cake mix (2-layer size)
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.5 cup oil
- 5 oz baker's semi-sweet chocolate divided
- 0.5 cup water
- 8 oz cool whip whipped topping thawed

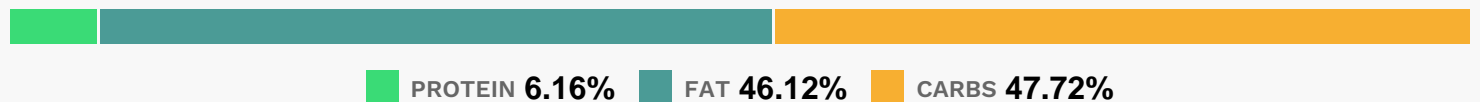
## Equipment

- oven
- blender
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Chop 4 oz. chocolate; set aside. Beat next 6 ingredients with mixer until blended. Stir in chopped chocolate and 2 Tbsp. candy.
- Spoon into 30 paper-lined muffin cups.
- Bake 20 to 23 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pans 10 min.
- Remove from pans to wire racks; cool completely.
- Melt remaining chocolate; cool slightly. Frost cupcakes with COOL WHIP; drizzle with chocolate.
- Sprinkle with remaining candy.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.1482608674661%

## Nutrients (% of daily need)

Calories: 195.68kcal (9.78%), Fat: 10.32g (15.87%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 22.9g (8.33%), Sugar: 15.41g (17.13%), Cholesterol: 34.93mg (11.64%), Sodium: 245.59mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.7mg (2.57%), Protein: 3.1g (6.2%), Phosphorus: 100.25mg (10.02%), Copper: 0.18mg (8.91%), Selenium: 5.92µg (8.46%), Iron: 1.45mg (8.04%), Manganese: 0.14mg (7.22%), Magnesium: 24.5mg (6.12%), Vitamin B2: 0.1mg (5.67%), Calcium: 54.11mg (5.41%), Fiber: 1.12g (4.47%), Folate: 16.28µg (4.07%), Potassium: 141.29mg (4.04%), Vitamin E: 0.59mg (3.91%), Zinc: 0.49mg (3.24%), Vitamin B1:

0.04mg (2.76%), Vitamin K: 2.41µg (2.3%), Vitamin A: 114.56IU (2.29%), Vitamin B12: 0.12µg (2%), Vitamin B5: 0.2mg (1.96%), Vitamin B3: 0.39mg (1.94%), Vitamin B6: 0.03mg (1.45%), Vitamin D: 0.15µg (1.02%)