



Chocolate Covered Berry Cupcakes

READY IN



25 min.

SERVINGS



24

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 1 box betty delights super strawberry cake mix
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 0.8 cup whipping cream
- ☐ 24 small strawberries fresh whole

Equipment

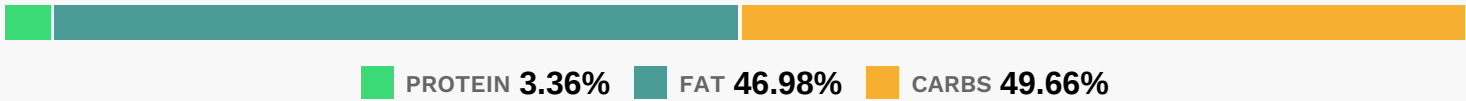
- ☐ bowl
- ☐ oven
- ☐ microwave

- ☐ muffin liners
- ☐ measuring cup

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 cupcakes, using water, oil and eggs. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely.
- ☐ In medium bowl, place chocolate chips. In 2-cup microwavable measuring cup, microwave whipping cream uncovered on High 1 minute or until hot; pour over chocolate chips and stir until smooth.
- ☐ Set aside 1 cup chocolate mixture for dipping strawberries. Frost cupcakes with remaining chocolate mixture. Dip strawberries, one at a time, halfway into remaining chocolate mixture.
- ☐ Garnish each cupcake with dipped strawberry.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:3.3904347860295%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 184.95kcal (9.25%), Fat: 9.6g (14.77%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 21.56g (7.84%), Sugar: 14.55g (16.17%), Cholesterol: 9.25mg (3.08%), Sodium: 124.89mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 1.54g (3.09%), Manganese: 0.21mg (10.75%), Copper: 0.18mg (9.05%), Iron: 1.23mg (6.85%), Magnesium: 26.38mg (6.59%), Fiber: 1.27g (5.1%), Vitamin C: 4.16mg (5.04%), Calcium: 48.3mg (4.83%), Phosphorus: 42.85mg (4.28%), Vitamin B1: 0.06mg (3.87%), Vitamin B2: 0.05mg (3.02%), Potassium: 98.15mg (2.8%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.49mg (2.43%), Vitamin A: 117.26IU (2.35%), Selenium: 1.44µg (2.06%), Vitamin K: 1.41µg (1.35%), Vitamin E: 0.17mg (1.15%), Folate: 4.49µg (1.12%)