



Chocolate Covered Strawberry Cupcakes

READY IN



90 min.

SERVINGS



12

CALORIES



350 kcal

DESSERT

Ingredients

- 1 box betty fun chocolate cupcake mix betty crocker®
- 1 containers chocolate frosting betty crocker®
- 12 servings strawberries fresh sliced

Equipment

- oven

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Make cupcakes as directed on box except after adding filling, spoon 1 level measuring teaspoon diced strawberries on top of filling in each cup. Continue as directed and bake; cool completely.
- Generously frost cupcakes; garnish with strawberry slices.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:3.27, Inflammation Score:-6, Nutrition Score:12.783478358518%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 350.03kcal (17.5%), Fat: 12.69g (19.53%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 61.2g (20.4%), Net Carbohydrates: 57.11g (20.77%), Sugar: 42.61g (47.35%), Cholesterol: 0mg (0%), Sodium: 367.52mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 3.5g (7.01%), Vitamin C: 84.67mg (102.63%), Manganese: 0.73mg (36.34%), Fiber: 4.08g (16.34%), Phosphorus: 161.58mg (16.16%), Iron: 2.75mg (15.26%), Copper: 0.29mg (14.43%), Folate: 57.26µg (14.31%), Potassium: 413.11mg (11.8%), Magnesium: 43.57mg (10.89%), Vitamin E: 1.41mg (9.37%), Calcium: 80.06mg (8.01%), Selenium: 5.34µg (7.63%), Vitamin B1: 0.1mg (6.71%), Vitamin B3: 1.18mg (5.88%), Vitamin B2: 0.1mg (5.63%), Vitamin K: 4.54µg (4.32%), Vitamin B6: 0.08mg (4.18%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.24mg (2.4%)