



Chocolate-Raspberry Cupcakes

 Dairy Free

READY IN



82 min.

SERVINGS



24

CALORIES



174 kcal

DESSERT

Ingredients

- 1 pkg chocolate cake mix (2-layer size)
- 1.5 cups raspberries fresh
- 3 Tbsp raspberry jam seedless
- 16 oz ready-to-spread vanilla frosting
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- oven

whisk

Directions

Heat oven to 350F.

Prepare cake batter and bake as directed on package for 24 cupcakes; cool completely.

Spoon frosting into medium bowl; stir in jam.

Add COOL WHIP; whisk until blended.

Spread onto cupcakes.

Top with raspberries.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:6.56, Inflammation Score:-1, Nutrition Score:2.6552174023312%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 173.89kcal (8.69%), Fat: 6.33g (9.74%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 28.38g (10.32%), Sugar: 21.1g (23.45%), Cholesterol: 0.06mg (0.02%), Sodium: 186.4mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Phosphorus: 56.96mg (5.7%), Vitamin B2: 0.09mg (5.5%), Iron: 0.91mg (5.04%), Manganese: 0.09mg (4.57%), Copper: 0.08mg (4.08%), Vitamin E: 0.57mg (3.82%), Fiber: 0.95g (3.79%), Folate: 14.62µg (3.65%), Vitamin K: 3.83µg (3.64%), Selenium: 2.39µg (3.42%), Calcium: 32.16mg (3.22%), Magnesium: 10.62mg (2.65%), Vitamin C: 2.18mg (2.65%), Vitamin B1: 0.04mg (2.39%), Potassium: 82.23mg (2.35%), Vitamin B3: 0.38mg (1.89%), Zinc: 0.19mg (1.29%)