



Citrus Poke Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



253 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 8 oz cream cheese softened
- 7.5 teaspoons gelatin powder orange-flavored
- 1 box lemon cake mix
- 1 teaspoon lemon extract
- 1 lemon zest grated
- 7.5 teaspoons gelatin mix
- 1 lime zest grated
- 1 orange zest grated

- 3.8 cups powdered sugar
- 1 cup water boiling
- 0.7 cup whipping cream

Equipment

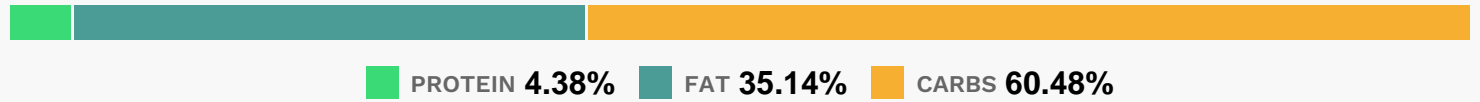
- bowl
- oven
- hand mixer
- toothpicks
- skewers
- muffin liners

Directions

- Heat oven to 350F.
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cake mix, water, oil, eggs and lemon, lime and orange peel with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter among muffin cups, filling each two-thirds full.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cupcakes from pans to cooling racks. With fork or wooden skewer, poke holes in tops of cupcakes.
- In small bowl, pour 1/2 cup of the boiling water on lime gelatin; stir until gelatin is dissolved.
- Pour gelatin over half of each cupcake.
- In another small bowl, pour remaining 1/2 cup boiling water on orange gelatin; stir until gelatin is dissolved.
- Pour gelatin over other half of each cupcake. Refrigerate 30 minutes.
- Meanwhile, in large bowl, beat butter and cream cheese with electric mixer on medium speed until smooth. Gradually add powdered sugar, beating on low speed until combined. Beat in lemon extract. In small bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Fold one-third of the whipped cream into cream cheese mixture. Fold in remaining whipped cream.

Pipe or spread frosting on cupcakes. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.8252174102742%

Flavonoids

Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 253.17kcal (12.66%), Fat: 10.08g (15.51%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 38.61g (14.04%), Sugar: 29.6g (32.89%), Cholesterol: 27.18mg (9.06%), Sodium: 229.27mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Phosphorus: 85.16mg (8.52%), Vitamin A: 345.9IU (6.92%), Calcium: 63.4mg (6.34%), Vitamin B2: 0.09mg (5.52%), Folate: 16.73µg (4.18%), Vitamin B1: 0.06mg (3.7%), Selenium: 2.43µg (3.47%), Vitamin E: 0.46mg (3.05%), Iron: 0.52mg (2.87%), Vitamin B3: 0.53mg (2.63%), Copper: 0.05mg (2.61%), Vitamin C: 1.85mg (2.25%), Manganese: 0.04mg (2.24%), Fiber: 0.42g (1.66%), Vitamin B5: 0.17mg (1.65%), Vitamin B6: 0.03mg (1.35%), Vitamin K: 1.38µg (1.32%), Magnesium: 4.28mg (1.07%), Vitamin B12: 0.06µg (1.02%)