



## Coconut Cream Cupcakes

 Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



191 kcal

DESSERT

### Ingredients

- 11 oz coconut milk canned
- 2.7 cups baker's angel flake coconut divided (7 oz. pkg.)
- 24 mint leaves fresh
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 cups raspberries fresh
- 16 oz ready-to-spread vanilla frosting
- 1 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

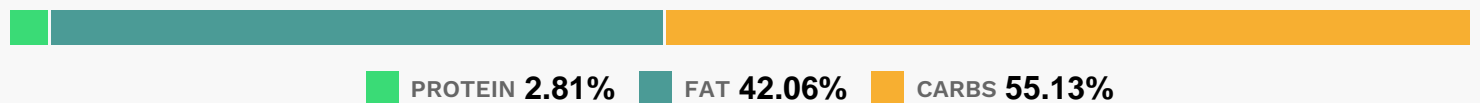
## Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package; stir in 2/3 cup coconut. Spoon into 24 paper-lined muffin cups.
- Bake 20 to 25 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pans 10 min.
- Remove from pans to wire racks; cool completely.
- Meanwhile, beat pudding mix and coconut milk in large bowl with whisk 2 min. (Pudding will be thick.) Refrigerate until ready to assemble cupcakes.
- Remove cupcakes from liners; cut cupcakes horizontally in half.
- Place cupcake bottoms on tray. Top each with 1 Tbsp. pudding and 1 tsp. of the remaining flaked coconut; cover with cupcake top.
- Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended.
- Spread onto cupcakes.
- Garnish with remaining flaked coconut, raspberries and mint.

## Nutrition Facts



## Properties

Glycemic Index:1.97, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:3.6386956702108%

## Flavonoids

Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg, Cyanidin: 3.14mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg 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: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 191.05kcal (9.55%), Fat: 9.15g (14.08%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 27g (9%), Net Carbohydrates: 25.05g (9.11%), Sugar: 18.34g (20.38%), Cholesterol: 0.04mg (0.01%), Sodium: 154.43mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Manganese: 0.34mg (17.09%), Fiber: 1.95g (7.78%), Phosphorus: 74.5mg (7.45%), Vitamin B2: 0.09mg (5.09%), Copper: 0.1mg (4.76%), Iron: 0.78mg (4.31%), Calcium: 39.71mg (3.97%), Folate: 15.38µg (3.84%), Selenium: 2.3µg (3.28%), Magnesium: 12.94mg (3.23%), Vitamin B1: 0.04mg (2.99%), Vitamin E: 0.45mg (2.98%), Vitamin C: 2.36mg (2.86%), Vitamin B3: 0.53mg (2.66%), Vitamin K: 2.74µg (2.61%), Potassium: 86.92mg (2.48%), Vitamin B6: 0.04mg (1.94%), Zinc: 0.28mg (1.85%), Vitamin B5: 0.15mg (1.54%)