



Crazy Critter Cupcakes

READY IN



70 min.

SERVINGS



24

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 1.7 cups flour all-purpose
- ☐ 1.5 cups sugar
- ☐ 0.5 cup cocoa powder
- ☐ 0.5 cup shortening
- ☐ 1 cup water
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 2 eggs

- ☐ 16 oz chocolate frosting
- ☐ 1 serving m&m candies assorted
- ☐ 0.7 oz decorating gel black

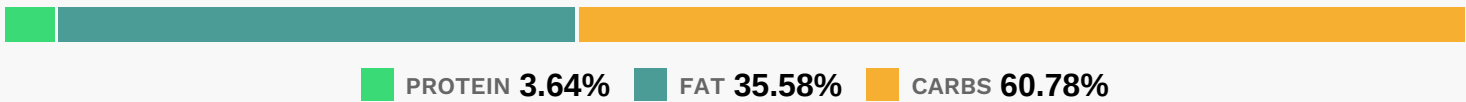
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ Beat all ingredients except frosting, candies, cookies and decorating gel in large bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bowl occasionally. Fill cups 1/2 full.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center of cupcake comes out clean.
- ☐ Remove from pan to wire rack. Cool completely, about 30 minutes.
- ☐ Spread with frosting. Decorate with candies to look like butterflies and ladybugs .

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:13.54, Inflammation Score:-1, Nutrition Score:3.11260872561%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 205.02kcal (10.25%), Fat: 8.46g (13.02%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 31.45g (11.44%), Sugar: 23.84g (26.49%), Cholesterol: 13.73mg (4.58%), Sodium: 144.44mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.5mg (1.5%), Protein: 1.95g (3.9%), Manganese: 0.17mg (8.75%), Selenium: 4.55µg (6.5%), Copper: 0.12mg (6.17%), Iron: 1.01mg (5.62%), Vitamin B1: 0.07mg (4.95%), Phosphorus: 46.54mg (4.65%), Folate: 18.37µg (4.59%), Fiber: 1.08g (4.34%), Vitamin B2: 0.07mg (4.09%), Vitamin E: 0.6mg (4.01%), Magnesium: 15.38mg (3.85%), Vitamin B3: 0.58mg (2.88%), Potassium: 78.9mg (2.25%), Vitamin K: 2.35µg (2.24%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.13mg (1.33%), Calcium: 13.28mg (1.33%)