



## Creamy Orange Sherbet Cupcakes

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



200 kcal

DESSERT

### Ingredients

- ☐ 3 eggs
- ☐ 1 quart cranberry-orange relish softened
- ☐ 1 slices cranberry-orange relish quartered for garnish
- ☐ 1 cup orange juice
- ☐ 1 box vanilla cake donut holes betty crocker® supermoist®
- ☐ 1 container vanilla frosting betty crocker®
- ☐ 0.5 cup vegetable oil

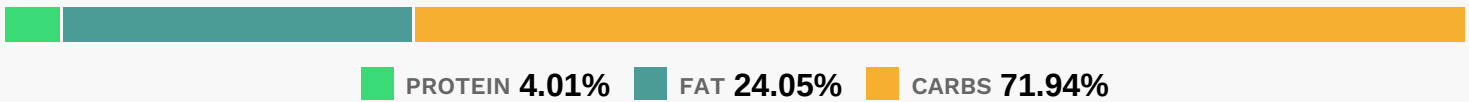
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, beat cake mix, orange juice, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Spoon 1 heaping tablespoon batter into each muffin cup; filling slightly less than 1/4 full (you will not use all of the batter).
- ☐ Bake about 10 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove from muffin cups to cooling racks. Cool completely, about 25 minutes.
- ☐ Working quickly, scoop and spread 2 to 3 tablespoons sherbet onto top of each cooled cupcake. Return cupcakes to muffin cups (or place on cookie sheet with sides). Freeze until firm, about 1 hour.
- ☐ Remove cupcakes from freezer. Pipe vanilla frosting onto sherbet-topped cupcakes.
- ☐ Garnish each with orange quarter. If necessary, return to freezer to firm up.
- ☐ Serve cold.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:7.77, Inflammation Score:-3, Nutrition Score:5.2043478411177%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 12.14mg, Hesperetin: 12.14mg, Hesperetin: 12.14mg, Hesperetin: 12.14mg Naringenin: 6.35mg, Naringenin: 6.35mg, Naringenin: 6.35mg, Naringenin: 6.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 199.95kcal (10%), Fat: 5.41g (8.33%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.21g (12.8%), Sugar: 25.84g (28.71%), Cholesterol: 20.46mg (6.82%), Sodium: 192.62mg (8.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 26.45mg (32.07%), Phosphorus: 94.31mg (9.43%), Vitamin B2: 0.15mg (8.77%), Folate: 34.31µg (8.58%), Calcium: 67.98mg (6.8%), Vitamin B1: 0.09mg (6.33%), Selenium: 3.77µg (5.39%), Fiber: 1.22g (4.87%), Vitamin E: 0.69mg (4.6%), Vitamin K: 4.78µg (4.55%), Vitamin B3: 0.71mg (3.57%), Potassium: 120.58mg (3.45%), Iron: 0.61mg (3.38%), Manganese: 0.06mg (2.86%), Vitamin A: 140.4IU (2.81%), Vitamin B5: 0.28mg (2.78%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (2.18%), Magnesium: 8.36mg (2.09%), Zinc: 0.22mg (1.44%)