



Dirt and Worms Cupcakes

READY IN



70 min.

SERVINGS



24

CALORIES



238 kcal

DESSERT

Ingredients

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

- ☐ 16 oz chocolate frosting
- ☐ 1 serving pecans chopped
- ☐ 1 serving m&m candies assorted
- ☐ 24 pumpkin candies and gummy worms

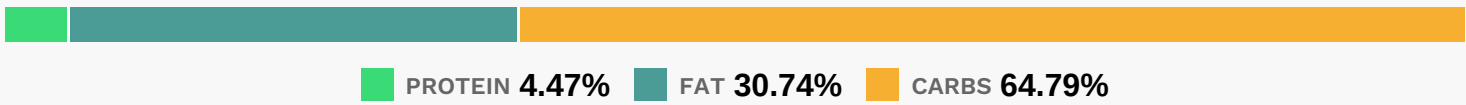
Equipment

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

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cups in 24 regular-size muffin cups. In medium microwavable bowl, heat water on High 1 minute. Stir in cocoa with spoon until smooth. Cool 5 minutes.
- ☐ With electric mixer, beat in remaining cupcake ingredients on low speed 2 minutes, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl frequently. Fill muffin cups half full.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool completely, about 30 minutes.
- ☐ Spread frosting on cupcakes.
- ☐ Sprinkle with pecans and candy decorations.
- ☐ Add gummy worms, gently pushing one end into cupcake.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:13.54, Inflammation Score:-1, Nutrition Score:3.1226086957461%

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: 238.38kcal (11.92%), Fat: 8.49g (13.07%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 39.19g (14.25%), Sugar: 28.26g (31.4%), Cholesterol: 13.73mg (4.58%), Sodium: 148.59mg (6.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.5mg (1.5%), Protein: 2.78g (5.56%), Manganese: 0.18mg (8.84%), Selenium: 4.55µg (6.5%), Copper: 0.12mg (6.19%), Iron: 1.01mg (5.62%), Vitamin B1: 0.07mg (4.97%), Phosphorus: 46.66mg (4.67%), Folate: 18.38µg (4.6%), Fiber: 1.09g (4.35%), Vitamin B2: 0.07mg (4.09%), Vitamin E: 0.6mg (4.02%), Magnesium: 15.43mg (3.86%), Vitamin B3: 0.58mg (2.89%), Potassium: 79.07mg (2.26%), Vitamin K: 2.36µg (2.24%), Zinc: 0.29mg (1.93%), Calcium: 13.31mg (1.33%), Vitamin B5: 0.13mg (1.33%)