



Double-Coconut Cupcakes

READY IN



105 min.

SERVINGS



24

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 2 cups coconut flakes flaked
- ☐ 0.5 cup condensed milk sweetened (from 14-oz can)
- ☐ 1 box cake mix yellow
- ☐ 3 cups powdered sugar
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon coconut extract
- ☐ 1 tablespoons milk
- ☐ 1 cup coconut flakes flaked toasted

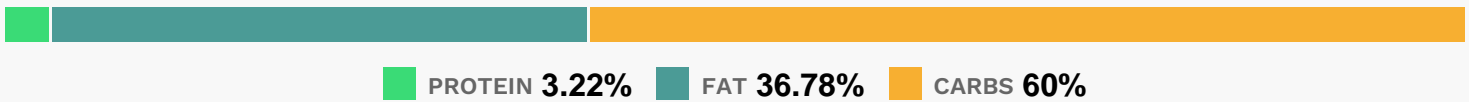
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In medium bowl, stir 2 cups coconut and the condensed milk; set aside.
- ☐ Make cake batter as directed on box. Divide batter evenly among muffin cups (two-thirds full). Top each with about 1 heaping teaspoonful coconut mixture.
- ☐ Bake as directed on box for 24 cupcakes. Cool in pans 5 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ In medium bowl, beat powdered sugar, butter and salt with spoon or with electric mixer on low speed until well blended. Beat in coconut extract and 1 tablespoon of the milk. Gradually beat in just enough remaining milk to make frosting smooth and spreadable. Immediately frost cupcakes. Dip tops of cupcakes into toasted coconut. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:2.13, Inflammation Score:-2, Nutrition Score:4.0773912784846%

Nutrients (% of daily need)

Calories: 251.85kcal (12.59%), Fat: 10.57g (16.26%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 36.8g (13.38%), Sugar: 28.3g (31.44%), Cholesterol: 2.24mg (0.75%), Sodium: 223.36mg (9.71%), Alcohol: 0.07g (100%), Alcohol %: 0.16% (100%), Protein: 2.08g (4.16%), Manganese: 0.33mg (16.72%), Phosphorus: 106.16mg (10.62%), Fiber: 1.99g (7.96%), Calcium: 68.22mg (6.82%), Vitamin B2: 0.09mg (5.41%), Selenium: 3.66µg

(5.22%), Copper: 0.1mg (5.11%), Iron: 0.82mg (4.57%), Vitamin B1: 0.06mg (4.17%), Folate: 16.34µg (4.08%), Magnesium: 13.57mg (3.39%), Vitamin B3: 0.58mg (2.89%), Potassium: 94.34mg (2.7%), Vitamin A: 130.81IU (2.62%), Vitamin B6: 0.05mg (2.62%), Vitamin E: 0.35mg (2.35%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.22mg (2.16%)