



Dried Cherry and Pistachio Cupcakes

READY IN



95 min.

SERVINGS



24

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1.3 cups water
- ☐ 0.3 cup vegetable oil
- ☐ 4 egg whites
- ☐ 3 oz cream cheese softened
- ☐ 1 cup cherries dried chopped
- ☐ 0.5 cup pistachios chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 16 oz vanilla frosting

- ☐ 0.8 cup cherries dried chopped
- ☐ 0.5 cup pistachios chopped

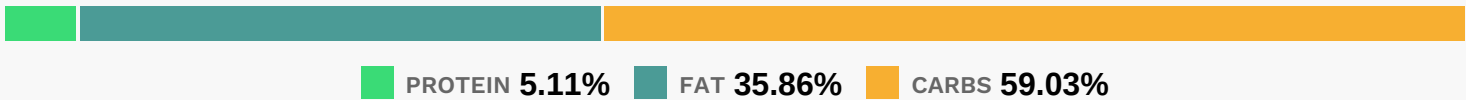
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ 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 large bowl, beat cake mix, water, oil and egg whites on low speed 30 seconds. Beat on medium speed 2 minutes. Beat in cream cheese until blended. In small bowl, toss 1 cup cherries and 1/2 cup nuts with flour; stir into batter. Divide batter evenly among muffin cups, filling each about two-thirds full.
- ☐ Bake 20 to 24 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Frost cupcakes with vanilla frosting.
- ☐ Garnish with 3/4 cup cherries and 1/2 cup nuts.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:5.9, Inflammation Score:-3, Nutrition Score:4.4039130904104%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Epigallocatechin 3–gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 258.95kcal (12.95%), Fat: 10.44g (16.06%), Saturated Fat: 2.44g (15.28%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 37.08g (13.48%), Sugar: 26.13g (29.03%), Cholesterol: 3.58mg (1.19%), Sodium: 205.57mg (8.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Phosphorus: 105.99mg (10.6%), Vitamin B2: 0.14mg (8.45%), Vitamin K: 8.68µg (8.27%), Vitamin A: 382.62IU (7.65%), Calcium: 65.28mg (6.53%), Vitamin B1: 0.1mg (6.45%), Fiber: 1.61g (6.42%), Vitamin E: 0.87mg (5.82%), Manganese: 0.11mg (5.44%), Selenium: 3.64µg (5.2%), Folate: 20.3µg (5.07%), Vitamin B6: 0.1mg (4.78%), Iron: 0.82mg (4.54%), Copper: 0.09mg (4.41%), Vitamin B3: 0.65mg (3.25%), Magnesium: 9.82mg (2.46%), Potassium: 85.47mg (2.44%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.13mg (1.31%)