

## Easiest Boston Cream Cupcakes

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

137 kcal

DESSERT

### Ingredients

- ☐ 3.4 oz vanilla pudding mix instant
- ☐ 1 cup milk cold
- ☐ 4 oz sqs. semi-sweet baking chocolate
- ☐ 1.5 cup non-dairy whipped topping frozen divided thawed
- ☐ 18 oz duncan hines classic decadent cake mix yellow

### Equipment

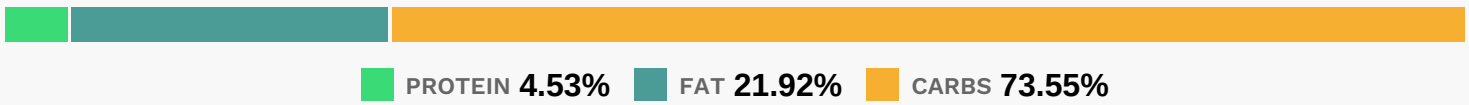
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ microwave
- ☐ muffin liners
- ☐ serrated knife

## Directions

- ☐ Prepare cake mix according to package directions. Fill greased muffin cups 2/3 full and bake at 350 degrees for 15 to 20 minutes. Cool completely.
- ☐ Whisk pudding mix and milk for 2 minutes; let stand 5 minutes. Use a serrated knife to cut off the top of each cupcake; set tops aside. Stir 1/2 cup whipped topping into pudding.
- ☐ Spoon one tablespoon onto each cupcake; replace cupcake tops. In a microwave-safe bowl, combine remaining whipped topping and chocolate.
- ☐ Microwave for one minute; stir and microwave an additional 30 seconds. Stir until chocolate is melted; let stand 15 minutes. Frost cupcakes with chocolate mixture.

## Nutrition Facts



## Properties

Glycemic Index:1.58, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.691739121209%

## Nutrients (% of daily need)

Calories: 137.42kcal (6.87%), Fat: 3.36g (5.16%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 24.68g (8.97%), Sugar: 15.72g (17.47%), Cholesterol: 1.6mg (0.53%), Sodium: 188mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.56g (3.12%), Phosphorus: 92.01mg (9.2%), Calcium: 63.83mg (6.38%), Manganese: 0.1mg (5.2%), Iron: 0.75mg (4.16%), Vitamin B2: 0.07mg (4.13%), Vitamin B1: 0.06mg (3.82%), Copper: 0.08mg (3.78%), Folate: 14.6µg (3.65%), Magnesium: 11.99mg (3%), Vitamin B3: 0.55mg (2.74%), Fiber: 0.66g (2.63%), Selenium: 1.38µg (1.97%), Vitamin E: 0.25mg (1.68%), Potassium: 57.57mg (1.64%), Vitamin B12: 0.09µg (1.57%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.03mg (1.26%), Vitamin K: 1.14µg (1.08%)