



## Easter Chicks Cupcakes

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



242 kcal

DESSERT

### Ingredients

- 1 box duncan hines devil's food cake yellow
- 48 m&m candies miniature
- 2.5 cups coconut or shredded
- 24 small cranberry-orange relish
- 1 container vanilla frosting
- 24 servings food coloring yellow

### Equipment

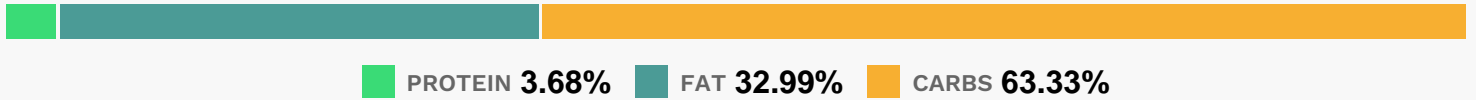
- oven

- wire rack
- ziploc bags
- muffin liners

## Directions

- Heat oven to 350F (325F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups.
- Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- Place coconut in resealable food-storage plastic bag.
- Add about 8 drops yellow food color; seal bag and shake to mix. Frost cupcakes with frosting. Top with yellow coconut. For eyes, add brown baking bits.
- Cut orange gumdrops to look like beaks; place on cupcakes. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:3.98, Glycemic Load:9.51, Inflammation Score:-5, Nutrition Score:7.9443477962328%

## Flavonoids

Hesperetin: 26.16mg, Hesperetin: 26.16mg, Hesperetin: 26.16mg, Hesperetin: 26.16mg Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg, Naringenin: 14.71mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 242.16kcal (12.11%), Fat: 9.3g (14.31%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 36.63g (13.32%), Sugar: 29.79g (33.1%), Cholesterol: 0.3mg (0.1%), Sodium: 186.95mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin C: 51.36mg (62.25%), Fiber: 3.54g (14.16%), Folate: 43.67µg (10.92%), Manganese: 0.19mg (9.46%), Vitamin B1: 0.12mg (8.1%), Potassium: 269.37mg (7.7%), Copper: 0.15mg (7.57%), Phosphorus: 74.92mg (7.49%), Vitamin B2: 0.13mg (7.47%), Calcium: 69.46mg (6.95%), Iron: 1.16mg (6.47%), Magnesium: 20.92mg (5.23%), Selenium: 3.57µg (5.1%), Vitamin E: 0.69mg (4.58%), Vitamin A: 221.02IU (4.42%), Vitamin B6: 0.07mg (3.46%), Vitamin B3: 0.65mg (3.23%), Vitamin K: 3.2µg (3.05%),

Vitamin B5: 0.3mg (3%), Zinc: 0.32mg (2.11%)