



## Easy Carrot Cake Cupcakes

 Gluten Free

READY IN



80 min.

SERVINGS



24

CALORIES



189 kcal

### Ingredients

- 1 box betty delights super carrot cake mix
- 0.5 cup coconut flakes flaked
- 0.5 cup nuts chopped
- 0.5 cup raisins
- 16 oz cream cheese frosting

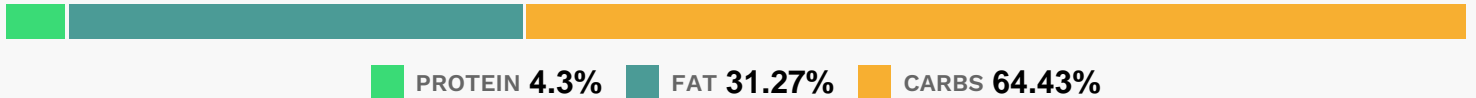
### Equipment

- oven
- wire rack
- muffin liners

## Directions

- Heat oven to 375°F (350°F for dark or nonstick pans).
- Place paper baking cups in each of 24 regular-size muffin cups.
- Make cake mix as directed on box. Stir in coconut, nuts and raisins. Divide batter evenly among muffin cups (about two-thirds full).
- Bake 15 to 18 minutes. Cool in pans 10 minutes.
- Remove from pans to cooling rack. Cool completely, about 30 minutes.
- Spread frosting over cupcakes. Store loosely covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:3.69, Glycemic Load:1.42, Inflammation Score:-4, Nutrition Score:1.9130434781799%

## Nutrients (% of daily need)

Calories: 189.26kcal (9.46%), Fat: 6.63g (10.2%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 29.32g (10.66%), Sugar: 20.03g (22.26%), Cholesterol: 0mg (0%), Sodium: 120.1mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin A: 497.7IU (9.95%), Manganese: 0.12mg (5.86%), Fiber: 1.42g (5.69%), Iron: 0.74mg (4.12%), Copper: 0.07mg (3.27%), Magnesium: 9.63mg (2.41%), Phosphorus: 19.53mg (1.95%), Potassium: 59.06mg (1.69%), Calcium: 16.86mg (1.69%), Vitamin C: 0.98mg (1.18%), Zinc: 0.16mg (1.06%)