



## Easy Gluten Free Red Velvet Cupcakes

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



319 kcal

DESSERT

### Ingredients

- 5 tablespoons butter softened
- 8 ounces cream cheese gluten-free cold (Philadelphia is )
- 3 eggs
- 3.5 ounce chocolate pudding gluten free instant (Jello brand is )
- 0.7 cup milk
- 3 cups powdered sugar
- 2 tablespoons food coloring red (McCormicks and Tones are GF)
- 1 pinch salt

- 8 ounces cream sour
- 2 teaspoons vanilla extract pure
- 15 ounce betty crocker's cake mix gluten free yellow

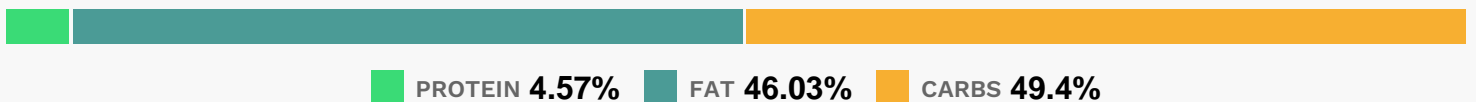
## Equipment

- oven
- mixing bowl
- blender
- toothpicks
- muffin liners

## Directions

- Preheat oven to 350°F.<sup>2</sup>
- Combine the first seven ingredients in a large mixing bowl at medium speed until smooth, about 2 minutes. (The remaining ingredients are for the frosting!).<sup>3</sup> Once combined, spoon the mixture into muffin pans lined with cupcake liners.
- Bake for 16 – 20 minutes, until a toothpick comes out clean when you stick it in the center.<sup>4</sup>
- Let the cupcakes cool in the pans for five minutes, then carefully remove them and place them on cooling racks.<sup>5</sup> For the Frosting:<sup>6</sup> Beat the cream cheese, butter, and vanilla until combined (but do not whip).
- Add salt.<sup>7</sup> Gradually add powdered sugar with the mixer on slow until desired sweetness/texture.<sup>8</sup> These cupcakes should be kept in the refrigerator if they aren't eaten within 12–24 hours due to the cream cheese frosting!

## Nutrition Facts



## Properties

Glycemic Index:9.58, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:3.5743477959996%

## Nutrients (% of daily need)

Calories: 319.13kcal (15.96%), Fat: 16.54g (25.44%), Saturated Fat: 9.39g (58.69%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 39.63g (14.41%), Sugar: 37.09g (41.21%), Cholesterol: 85.33mg (28.44%), Sodium: 245.53mg (10.68%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 3.69g (7.39%), Vitamin A: 598.7IU (11.97%), Vitamin B2: 0.16mg (9.24%), Selenium: 6.4µg (9.15%), Phosphorus: 77.45mg (7.75%), Calcium: 63.02mg (6.3%), Vitamin B12: 0.26µg (4.37%), Vitamin B5: 0.4mg (3.99%), Vitamin E: 0.5mg (3.32%), Potassium: 106.59mg (3.05%), Zinc: 0.41mg (2.76%), Magnesium: 10.46mg (2.61%), Vitamin D: 0.37µg (2.46%), Copper: 0.05mg (2.34%), Vitamin B6: 0.05mg (2.33%), Folate: 8.43µg (2.11%), Manganese: 0.04mg (2.04%), Iron: 0.35mg (1.96%), Vitamin B1: 0.02mg (1.42%), Vitamin K: 1.29µg (1.23%), Fiber: 0.3g (1.19%)