



Easy Red Velvet Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



109 kcal

DESSERT

Ingredients

- ☐ 1 cup buttermilk
- ☐ 2 tablespoons cocoa
- ☐ 5 large eggs
- ☐ 2 ounce liquid food coloring red
- ☐ 0.5 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

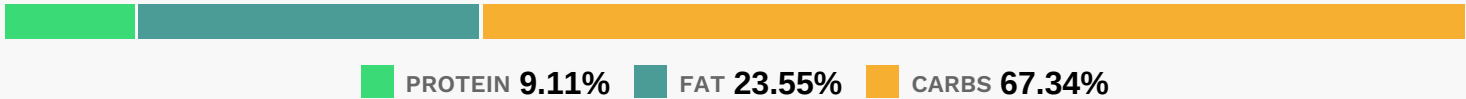
- ☐ oven

- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Beat cake mix and next 5 ingredients at low speed with an electric mixer 2 minutes. Spoon batter evenly into 24 paper- or foil-lined muffin cups, filling two-thirds full; bake according to package directions.
- ☐ Remove from pans immediately, and cool on wire racks.
- ☐ Spread cupcakes evenly with Cream Cheese Frosting.

Nutrition Facts



Properties

Glycemic Index:1.29, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.125217391097%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 109.41kcal (5.47%), Fat: 2.89g (4.44%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 18.16g (6.6%), Sugar: 9.87g (10.96%), Cholesterol: 39.85mg (13.28%), Sodium: 182.32mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Phosphorus: 99.01mg (9.9%), Vitamin B2: 0.12mg (6.8%), Calcium: 63.35mg (6.34%), Selenium: 4.27µg (6.11%), Folate: 20.19µg (5.05%), Vitamin B1: 0.06mg (3.93%), Iron: 0.69mg (3.84%), Manganese: 0.06mg (3.02%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.16µg (2.67%), Vitamin B3: 0.52mg (2.62%), Vitamin E: 0.39mg (2.6%), Vitamin D: 0.34µg (2.26%), Vitamin K: 2.37µg (2.25%), Copper: 0.04mg (2.07%), Vitamin B6: 0.04mg (1.92%), Zinc: 0.26mg (1.73%), Fiber: 0.41g (1.65%), Magnesium: 6.48mg (1.62%), Vitamin A: 72.75IU (1.46%), Potassium: 44.34mg (1.27%)