



Fireworks Push-It-Up Cakes

 Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



251 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1.3 cups water
- 0.3 cup vegetable oil
- 3 egg whites
- 1 serving food coloring red
- 1 serving food coloring blue
- 36 lemon-lime soda pop
- 16 oz fluffy frosting white

- 2 envelopes popcorn kernels

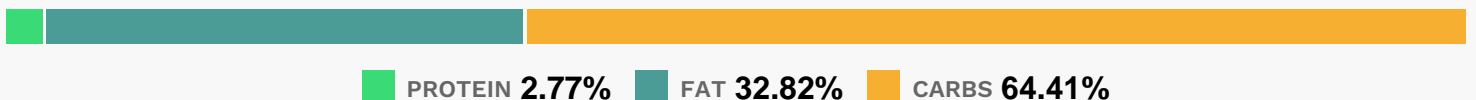
Equipment

- bowl
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F. Spray 36 mini muffin cups with cooking spray.
- In medium bowl, beat cake mix, water, oil and egg whites with electric mixer on low speed until moistened; beat 2 minutes on high speed until well blended. Divide batter into 2 bowls. Tint 1 bowl of batter with a few drops red food color; tint other bowl with blue food color.
- Fill 18 muffin cups 2/3 full with red batter.
- Bake about 15 minutes or until toothpick inserted in center comes out clean.
- Remove from oven. Repeat with blue batter to make an additional 18 mini cupcakes. Cool completely.
- To assemble push-up cakes, drop 1 mini cupcake into each push-up pop container.
- Add generous teaspoon frosting to top of each cupcake. Top each with second mini cupcake; add dollops of frosting to tops of each.
- Sprinkle each of popping rock candy.
- Serve.

Nutrition Facts



Properties

Glycemic Index:2.39, Glycemic Load:7.36, Inflammation Score:-1, Nutrition Score:3.3065217684792%

Nutrients (% of daily need)

Calories: 250.9kcal (12.55%), Fat: 9.19g (14.14%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 40.26g (14.64%), Sugar: 28.02g (31.14%), Cholesterol: 0mg (0%), Sodium: 254.62mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin K: 11.48µg (10.93%), Phosphorus: 102.61mg (10.26%), Vitamin B2: 0.16mg (9.46%), Calcium: 64.57mg (6.46%), Vitamin E: 0.97mg (6.44%), Folate: 22.39µg (5.6%), Selenium: 3.5µg (5%), Vitamin B1: 0.07mg (4.37%), Vitamin B3: 0.75mg (3.74%), Iron: 0.61mg (3.38%), Manganese: 0.06mg (3.03%), Copper: 0.03mg (1.37%), Fiber: 0.33g (1.32%), Vitamin B5: 0.11mg (1.08%), Magnesium: 4.26mg (1.07%), Zinc: 0.16mg (1.04%)