

Fruity Flower Cupcakes

 Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



139 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 12 oz fluffy frosting white
- 1 box pumpkin puree flavored
- 1 box poached berries hot flavored colors®

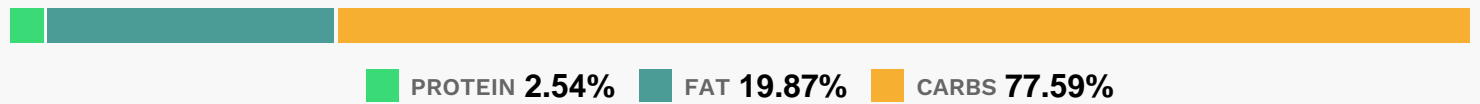
Equipment

- oven
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake as directed on box for cupcakes. Cool completely. Frost cupcakes with frosting.
- To make flowers, unroll and remove paper from 18 Betty Crocker Fruit
- Roll-Ups.
- Cut 4 circles out of each snack using 2-inch round cutter. Using 3 circles for each flower, pinch each circle in the middle and twist to create petals.
- Place the petals on top of cupcake next to one another to create flower.
- Place on top of each cupcake.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:1.9465217512587%

Flavonoids

Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg

Nutrients (% of daily need)

Calories: 139.42kcal (6.97%), Fat: 3.09g (4.76%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 26.92g (9.79%), Sugar: 18.01g (20.02%), Cholesterol: 0mg (0%), Sodium: 175.37mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Phosphorus: 75.17mg (7.52%), Vitamin B2: 0.09mg (5.27%), Calcium: 47.62mg (4.76%), Folate: 16.22µg (4.06%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.4mg (2.7%), Selenium: 1.87µg (2.67%), Iron: 0.44mg (2.46%), Vitamin K: 2.44µg (2.32%), Manganese: 0.04mg (2.21%)