



Firecracker Cupcakes

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



330 kcal

DESSERT

Ingredients

- 24 cupcake liners yellow
- 1.5 cups baker's angel flake coconut divided
- 4 drops food coloring blue red
- 24 string licorice pieces red (4 inch)
- 2 cups cool whip whipped topping thawed

Equipment

- ziploc bags

Directions

- Place 1/2 cup coconut in each of 2 separate resealable plastic bags. Set remaining coconut aside.
- Add blue food coloring to coconut in one bag and red food coloring to coconut in second bag. Seal bags; shake until coconut is evenly tinted.
- Frost cupcakes with COOL WHIP. Top with coconut, gently pressing coconut into COOL WHIP to secure.
- Insert licorice into tops of cupcakes.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:5.6626086209131%

Nutrients (% of daily need)

Calories: 330.48kcal (16.52%), Fat: 15.64g (24.07%), Saturated Fat: 8.45g (52.83%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 42.52g (15.46%), Sugar: 28.08g (31.2%), Cholesterol: 1.58mg (0.53%), Sodium: 237.8mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Manganese: 0.38mg (19.15%), Selenium: 10.77µg (15.38%), Vitamin B2: 0.19mg (10.99%), Calcium: 99.63mg (9.96%), Vitamin B1: 0.14mg (9.16%), Phosphorus: 91.54mg (9.15%), Fiber: 1.97g (7.9%), Iron: 1.34mg (7.47%), Folate: 27.91µg (6.98%), Vitamin B3: 1.19mg (5.97%), Copper: 0.11mg (5.72%), Magnesium: 17.73mg (4.43%), Vitamin K: 3.93µg (3.74%), Potassium: 126.21mg (3.61%), Zinc: 0.42mg (2.77%), Vitamin B6: 0.04mg (2.17%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.08µg (1.27%), Vitamin E: 0.18mg (1.22%)