



Fireworks Push-It-Up Cakes

 Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



153 kcal

Ingredients

- ☐ 18 servings food coloring blue
- ☐ 3 egg whites
- ☐ 2 cans fluffy frosting white
- ☐ 36 popped popcorn
- ☐ 18 servings food coloring red
- ☐ 2 envelopes clear rock candy
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups water
- ☐ 1 box cake mix white

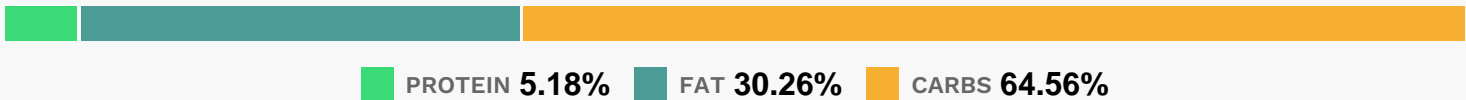
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:6.07, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:3.0213043465401%

Nutrients (% of daily need)

Calories: 153.44kcal (7.67%), Fat: 5.22g (8.02%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 24.43g (8.88%), Sugar: 12.21g (13.57%), Cholesterol: 0.06mg (0.02%), Sodium: 208.61mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Phosphorus: 104.95mg (10.5%), Vitamin K: 8.24µg (7.85%), Calcium: 63.9mg (6.39%), Folate: 20.94µg (5.24%), Vitamin B2: 0.09mg (5.09%), Selenium: 3.54µg (5.06%), Vitamin B1: 0.06mg (4.31%), Manganese: 0.08mg (4.09%), Vitamin E: 0.59mg (3.92%), Vitamin B3: 0.74mg (3.7%), Iron: 0.63mg (3.5%), Fiber: 0.61g (2.42%), Magnesium: 6.78mg (1.7%), Copper: 0.03mg (1.62%), Zinc: 0.2mg (1.32%), Vitamin B5: 0.1mg (1.05%)