



Flag Cupcake Cake

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 1 container fluffy frosting white
- ☐ 1 fruit red (any flavor; from 4.5-oz box)
- ☐ 2 pretzel rods thick (7 inch)
- ☐ 24 servings sugar blue
- ☐ 24 servings sugar red
- ☐ 1 box cake mix yellow
- ☐ 24 servings frangelico
- ☐ 24 servings frangelico

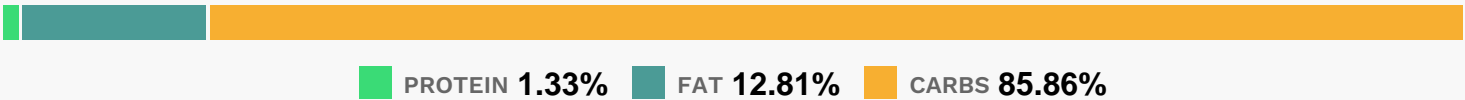
Equipment

- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ Frost 9 cupcakes with frosting; sprinkle with red sugar. Frost 6 cupcakes with frosting; sprinkle with blue sugar and star decors. Frost remaining 9 cupcakes with frosting. Arrange cupcakes as shown in photo.
- ☐ To make flag pole, arrange pretzel rods end-to-end and wrap with fruit snack; place on left side of arranged cupcakes. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:11.09, Glycemic Load:22.43, Inflammation Score:-1, Nutrition Score:2.3330434690351%

Nutrients (% of daily need)

Calories: 263.15kcal (13.16%), Fat: 3.82g (5.87%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 57.54g (19.18%), Net Carbohydrates: 56.98g (20.72%), Sugar: 47.54g (52.82%), Cholesterol: 0mg (0%), Sodium: 194.45mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Phosphorus: 72.6mg (7.26%), Vitamin B2: 0.12mg (6.9%), Calcium: 47.23mg (4.72%), Folate: 16.71µg (4.18%), Vitamin K: 3.99µg (3.8%), Vitamin B1: 0.05mg (3.62%), Vitamin E: 0.49mg (3.29%), Vitamin B3: 0.62mg (3.09%), Iron: 0.55mg (3.07%), Manganese: 0.05mg (2.4%), Fiber: 0.56g (2.25%), Copper: 0.03mg (1.57%), Selenium: 0.81µg (1.16%), Vitamin A: 56.63IU (1.13%)