



Flower Cupcakes

 Dairy Free

READY IN



82 min.

SERVINGS



24

CALORIES



127 kcal

DESSERT

Ingredients

- 0.3 cup colored sugars assorted
- 1 pkg chocolate cake mix (2-layer size)
- 24 gumdrop spearmint leaves
- 3.9 oz jell-o chocolate flavor pudding instant
- 8 oz cool whip whipped topping thawed
- 24 suckers
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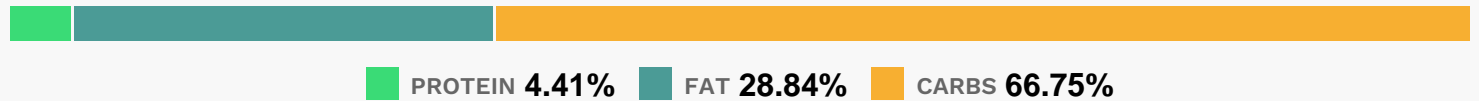
Equipment

- oven
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package; stir in dry pudding mix. Spoon into 24 paper-lined muffin cups.
- Bake 20 to 22 min. or until toothpick inserted in centers comes out clean. Cool 5 min.; remove from pans to wire racks. Cool completely.
- Frost cupcakes with COOL WHIP; sprinkle with sugar. Insert sucker stick in center of each cupcake; decorate with 2 spearmint leaf halves.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:2.0347825988479%

Nutrients (% of daily need)

Calories: 126.63kcal (6.33%), Fat: 4.22g (6.49%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 21.38g (7.77%), Sugar: 14.36g (15.95%), Cholesterol: 0.19mg (0.06%), Sodium: 221.57mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Phosphorus: 58.92mg (5.89%), Iron: 0.88mg (4.9%), Copper: 0.09mg (4.47%), Selenium: 2.58µg (3.69%), Calcium: 34.29mg (3.43%), Folate: 11.58µg (2.9%), Manganese: 0.06mg (2.86%), Magnesium: 11.2mg (2.8%), Fiber: 0.6g (2.4%), Vitamin B2: 0.04mg (2.35%), Potassium: 79.87mg (2.28%), Vitamin B1: 0.03mg (2.2%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.18mg (1.21%), Vitamin K: 1.06µg (1.01%)