



Flower Cupcakes



Dairy Free



Popular

READY IN



90 min.

SERVINGS



24

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 16 oz vanilla frosting
- ☐ 30 large marshmallows
- ☐ 1 serving sprinkles
- ☐ 1 serving frangelico

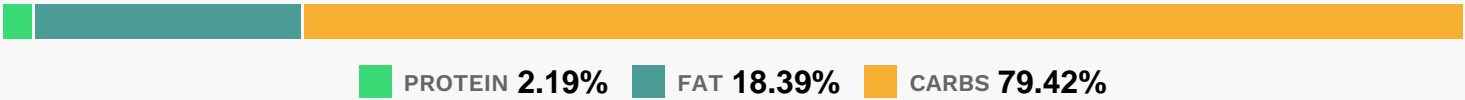
Equipment

- ☐ oven
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Make, bake and cool cake mix as directed on box for 24 cupcakes. Frost cupcakes with frosting.
- ☐ Spray blades of kitchen scissors with cooking spray.
- ☐ Cut each marshmallow crosswise into 4 slices; sprinkle slices with colored sugar. Arrange 5 slices on each cupcake in flower shape.
- ☐ Place candle in center of each flower. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:9.82, Inflammation Score:-1, Nutrition Score:2.0860869806746%

Nutrients (% of daily need)

Calories: 188.72kcal (9.44%), Fat: 3.9g (5.99%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 37.61g (13.68%), Sugar: 26.41g (29.34%), Cholesterol: 0mg (0%), Sodium: 191.06mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Phosphorus: 76.7mg (7.67%), Vitamin B2: 0.1mg (6.11%), Calcium: 48.01mg (4.8%), Folate: 16.68µg (4.17%), Vitamin B1: 0.05mg (3.25%), Vitamin E: 0.48mg (3.18%), Vitamin K: 3.04µg (2.89%), Selenium: 2.02µg (2.89%), Vitamin B3: 0.56mg (2.81%), Iron: 0.47mg (2.61%), Manganese: 0.04mg (2.24%), Copper: 0.03mg (1.3%)