



## Flower Dots



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



322 kcal

SIDE DISH

## Ingredients

- ☐ 12 cupcakes in liners such as golden cupcakes
- ☐ 12 gumdrops green
- ☐ 0.5 cup orange and pink decorating sugars yellow
- ☐ 8 orange and spice drops white yellow
- ☐ 3 medium ziplock bags
- ☐ 16 oz vanilla frosting canned
- ☐ 12 servings food coloring red yellow
- ☐ 12 servings " cookie cutter flower-shaped

- ☐ 12 servings rolling pin
- ☐ 12 servings scissors
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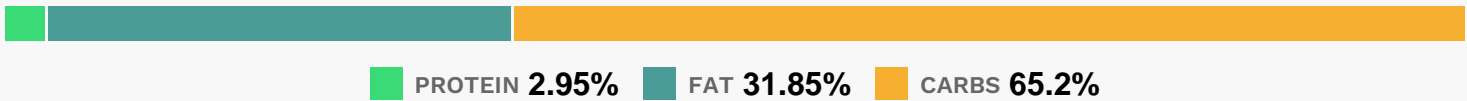
## Equipment

- ☐ bowl
- ☐ cookie cutter
- ☐ rolling pin
- ☐ kitchen scissors

## Directions

- ☐ Press 2 yellow spice drops together.
- ☐ Sprinkle a work surface with yellow sugar and roll out pressed drops with a rolling pin to about 1/8" thickness.
- ☐ Add more sugar as needed to prevent sticking. Repeat with remaining spice drops and sugar, using white drops with pink sugar. With a flower-shaped cookie cutter or small scissors, cut 1 flower from each set of flattened candies, making 12 flowers. Using scissors, cut a 1/8" slice from flat side of each green gumdrop.
- ☐ Reserve 2 Tbsp. frosting and divide remaining frosting among 3 bowls. Using food coloring, tint the frosting yellow, orange and pink. Spoon each color into a separate ziplock bag; press out air and seal.
- ☐ Snip a 1/4" corner from the bags. Starting on the outer edge of a cupcake, pipe a concentric circle of frosting to cover the top. Repeat to make 4 frosted cupcakes in each color. Top each cupcake with a spice drop flower. Dab a dot of reserved frosting in the center of each flower; top with a gumdrop slice.

## Nutrition Facts



## Properties

Glycemic Index:20.13, Glycemic Load:12.62, Inflammation Score:-1, Nutrition Score:3.6078260929688%

Flavonoids

Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 321.64kcal (16.08%), Fat: 11.46g (17.64%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 52.27g (19.01%), Sugar: 40.8g (45.33%), Cholesterol: 0.86mg (0.29%), Sodium: 210.89mg (9.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin B2: 0.22mg (13.03%), Selenium: 5.68µg (8.11%), Vitamin K: 7.11µg (6.77%), Vitamin B1: 0.09mg (6.03%), Calcium: 60.08mg (6.01%), Folate: 21.61µg (5.4%), Vitamin C: 4.08mg (4.94%), Phosphorus: 47.86mg (4.79%), Manganese: 0.09mg (4.34%), Vitamin E: 0.64mg (4.29%), Iron: 0.73mg (4.05%), Vitamin B3: 0.76mg (3.82%), Fiber: 0.53g (2.1%), Potassium: 67.36mg (1.92%), Magnesium: 6.3mg (1.58%), Copper: 0.03mg (1.45%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.17mg (1.13%)