



Flower Garden Cupcakes

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



279 kcal

DESSERT

Ingredients

- 15 servings food colorings assorted (colors)
- 15 servings suggested decorations: marshmallows hard jet-puffed miniature
- 3 oz jell-o strawberry flavor gelatin
- 1 cup water boiling
- 8 oz cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

Equipment

- bowl

oven

Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes. Cool in pans 10 min. Pierce tops with fork.
- Add boiling water to gelatin mix in small bowl; stir 2 min. until completely dissolved. Spoon over cupcakes. Refrigerate 30 min. Tint COOL WHIP with food coloring(s) as desired; spread over cupcakes.
- Decorate as desired. (See tip.)

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:14.74, Inflammation Score:-1, Nutrition Score:3.1621739099855%

Nutrients (% of daily need)

Calories: 279.09kcal (13.95%), Fat: 3.31g (5.1%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 61.12g (20.37%), Net Carbohydrates: 60.72g (22.08%), Sugar: 40.23g (44.7%), Cholesterol: 0.3mg (0.1%), Sodium: 300.95mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Phosphorus: 137.74mg (13.77%), Calcium: 87.76mg (8.78%), Folate: 25.05µg (6.26%), Selenium: 4.22µg (6.02%), Vitamin B2: 0.09mg (5.35%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 0.86mg (4.31%), Iron: 0.76mg (4.24%), Manganese: 0.07mg (3.68%), Copper: 0.07mg (3.39%), Vitamin E: 0.38mg (2.5%), Fiber: 0.41g (1.64%), Magnesium: 5.72mg (1.43%), Vitamin K: 1.41µg (1.35%), Zinc: 0.19mg (1.25%), Potassium: 38.54mg (1.1%), Vitamin B5: 0.1mg (1.04%)