



## Flower Power Cupcakes

 Dairy Free

READY IN



252 min.

SERVINGS



12

CALORIES



295 kcal

DESSERT

### Ingredients

- 3 drops food coloring
- 24 marshmallows jet-puffed
- 24 marshmallows jet-puffed miniature
- 3 oz jell-o strawberry flavor gelatin
- 0.3 cup colored sugar
- 1 cup water boiling
- 8 oz cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

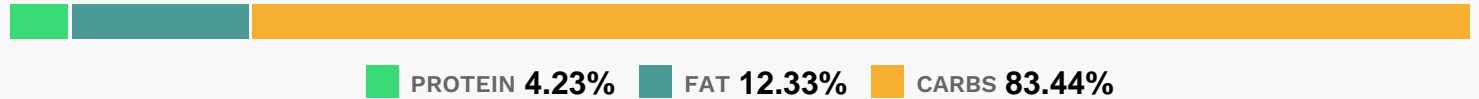
## Equipment

- frying pan
- oven
- skewers

## Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes; cool completely in pan. Pierce cupcakes with wooden skewer or large fork at 1/4-inch intervals.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Spoon over cupcakes, adding about 2 tsp. to each. Refrigerate 3 hours.
- Tint COOL WHIP with food coloring; spread onto cupcakes.
- Cut each large marshmallow crosswise into 5 pieces with kitchen shears. Arrange 5 on top of each cupcake to resemble flower.
- Place 1 miniature marshmallow in center of each.
- Sprinkle with sugar.

## Nutrition Facts



## Properties

Glycemic Index:15.92, Glycemic Load:10.47, Inflammation Score:-1, Nutrition Score:3.8408696379351%

## Nutrients (% of daily need)

Calories: 294.62kcal (14.73%), Fat: 4.11g (6.32%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 62.1g (22.58%), Sugar: 41.72g (46.35%), Cholesterol: 0.38mg (0.13%), Sodium: 358.55mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Phosphorus: 170.4mg (17.04%), Calcium: 109.08mg (10.91%), Folate: 31.09µg (7.77%), Selenium: 4.92µg (7.03%), Vitamin B2: 0.11mg (6.73%), Vitamin B1: 0.1mg (6.51%), Vitamin B3: 1.06mg (5.3%), Iron: 0.91mg (5.03%), Manganese: 0.09mg (4.52%), Copper: 0.06mg (3.18%), Vitamin E: 0.47mg (3.13%), Fiber: 0.49g (1.96%), Magnesium: 6.71mg (1.68%), Vitamin K: 1.77µg (1.68%), Zinc: 0.23mg (1.51%), Potassium: 47.15mg (1.35%), Vitamin B5: 0.13mg (1.28%)