



## Flower-Power Cupcakes

 Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



118 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 12 oz whipped cream white
- 1 serving twist and ends together to make a rough knob. cover
- 1 serving sprinkles

### Equipment

- oven
- muffin liners

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups. Make, bake and cool cake as directed on box for 24 cupcakes.
- Spread cupcakes with frosting.
- Cut licorice into desired size pieces. Create flower shapes with licorice; arrange on cupcakes.
- Sprinkle candy sprinkles in center of each flower. Store loosely covered.

## Nutrition Facts

**PROTEIN 4.48%** **FAT 29.76%** **CARBS 65.76%**

## Properties

Glycemic Index:2.29, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:2.0713043757107%

## Nutrients (% of daily need)

Calories: 118.47kcal (5.92%), Fat: 3.97g (6.1%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 19.48g (7.08%), Sugar: 10.59g (11.77%), Cholesterol: 10.77mg (3.59%), Sodium: 150.44mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Phosphorus: 85.21mg (8.52%), Calcium: 61.49mg (6.15%), Folate: 15.5µg (3.88%), Vitamin B1: 0.05mg (3.47%), Vitamin B2: 0.06mg (3.29%), Selenium: 2.05µg (2.93%), Vitamin B3: 0.52mg (2.62%), Iron: 0.43mg (2.37%), Manganese: 0.04mg (2.22%), Vitamin A: 97.1IU (1.94%), Vitamin E: 0.28mg (1.85%), Vitamin B5: 0.11mg (1.07%), Zinc: 0.15mg (1.01%)