



WHATSheATE



Flower-Power Cupcakes



Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 12 oz fluffy frosting white (1 lb)
- ☐ 24 servings twist and ends together to make a rough knob. cover
- ☐ 24 servings m&m candies
- ☐ 1 box cake mix white

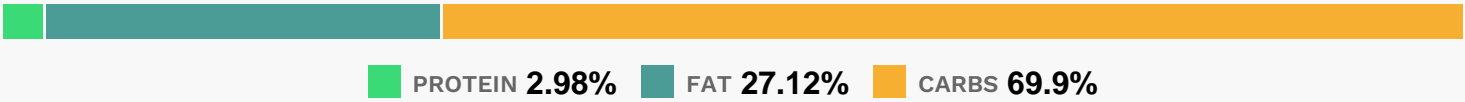
Equipment

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F (325F 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



Properties

Glycemic Index:1.79, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:2.1630435009365%

Nutrients (% of daily need)

Calories: 218.19kcal (10.91%), Fat: 6.6g (10.15%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 37.61g (13.68%), Sugar: 27.79g (30.88%), Cholesterol: 2.25mg (0.75%), Sodium: 186.07mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Phosphorus: 75.15mg (7.51%), Calcium: 65mg (6.5%), Vitamin B2: 0.09mg (5.27%), Folate: 16.21µg (4.05%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.55mg (2.73%), Vitamin E: 0.4mg (2.7%), Selenium: 1.87µg (2.67%), Fiber: 0.64g (2.57%), Vitamin K: 2.42µg (2.31%), Manganese: 0.04mg (2.21%)