

Flower Power Cupcakes

 Dairy Free

READY IN



252 min.

SERVINGS



24

CALORIES



124 kcal

DESSERT

Ingredients

- 0.3 cup sprinkles
- 3 drops purple gel food coloring
- 24 marshmallows jet-puffed miniature
- 1 pkg strawberry gelatin (4 serving size)
- 1 cup water boiling
- 8 ounce non-dairy whipped topping thawed
- 18.3 ounce cake mix white

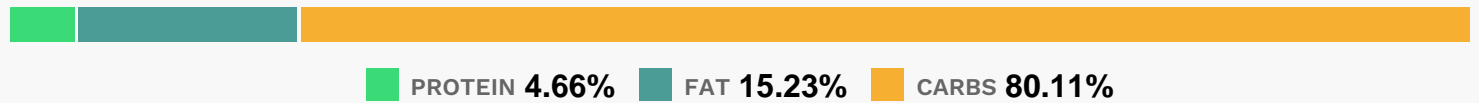
Equipment

- oven
- skewers
- kitchen scissors

Directions

- Prepare and bake cake mix as directed on package for 24 cupcakes; cool completely. Pierce cupcakes with wooden skewer or large fork at 1/4-inch intervals. Stir boiling water into dry gelatin mix at least 2 min. until completely dissolved. Spoon 2 tsp. of the gelatin over each cupcake. Refrigerate 3 hours.
- Tint whipped topping with food coloring; spread about 2 Tbsp. of the whipped topping onto each cupcake.
- Cut each large marshmallow crosswise into five pieces with clean kitchen scissors to resemble flower petals. Arrange five of the petals in flower shape on top of each cupcake; place a miniature marshmallow in center of each group of petals.
- Sprinkle each with 1/2 tsp. colored sugar. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.8799999945838%

Nutrients (% of daily need)

Calories: 124.13kcal (6.21%), Fat: 2.12g (3.26%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 24.87g (9.04%), Sugar: 16.27g (18.08%), Cholesterol: 0.19mg (0.06%), Sodium: 173.75mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Phosphorus: 84.69mg (8.47%), Calcium: 54.34mg (5.43%), Folate: 15.49µg (3.87%), Vitamin B2: 0.06mg (3.34%), Selenium: 2.33µg (3.33%), Vitamin B1: 0.05mg (3.25%), Vitamin B3: 0.52mg (2.62%), Iron: 0.44mg (2.42%), Manganese: 0.04mg (2.23%), Vitamin E: 0.23mg (1.57%), Copper: 0.02mg (1.24%)