



## From the Heart" Cupcakes

 Dairy Free

READY IN



115 min.

SERVINGS



24

CALORIES



232 kcal

DESSERT

### Ingredients

- 1 box duncan hines devil's food cake
- 1 cup peppermint candies white
- 16 oz vanilla frosting
- 0.5 cup semi chocolate chips
- 0.5 teaspoon shortening

### Equipment

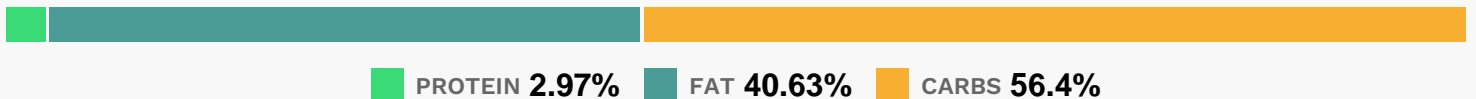
- bowl
- baking sheet

- oven
- ziploc bags
- microwave
- muffin liners
- measuring cup

## 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 and bake cake mix as directed on box for cupcakes, using water, oil and eggs.
- In medium microwavable bowl, microwave white baking chips uncovered on High 45 seconds. Stir; if necessary, microwave in 15-second increments, stirring after each, until chips are melted and smooth. Cool 5 minutes. Stir in frosting until well blended. Immediately frost cupcakes, or pipe frosting on cupcakes.
- Line cookie sheet with waxed paper. In 1-cup microwavable measuring cup, microwave chocolate chips and shortening uncovered on Medium (50%) 30 seconds. Stir; microwave in 10-second increments, stirring after each, until melted and smooth.
- Place chocolate in small resealable food-storage plastic bag; seal bag.
- Cut off tiny corner of bag. Squeeze bag to pipe 24 heart shapes on waxed paper. Refrigerate 10 minutes to set chocolate.
- Garnish each cupcake with a chocolate heart. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:1.79, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:2.6895651831899%

## Nutrients (% of daily need)

Calories: 232.19kcal (11.61%), Fat: 10.82g (16.64%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 33.05g (12.02%), Sugar: 25.79g (28.66%), Cholesterol: 0.22mg (0.08%), Sodium: 189.77mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.2mg (1.74%), Protein: 1.78g (3.56%), Phosphorus:

61.75mg (6.18%), Iron: 1.08mg (5.99%), Copper: 0.12mg (5.94%), Vitamin B2: 0.09mg (5.16%), Manganese: 0.09mg (4.49%), Calcium: 44.68mg (4.47%), Magnesium: 15.25mg (3.81%), Selenium: 2.57µg (3.67%), Vitamin E: 0.52mg (3.45%), Vitamin K: 3.47µg (3.3%), Folate: 12.67µg (3.17%), Fiber: 0.73g (2.93%), Potassium: 87.09mg (2.49%), Vitamin B1: 0.03mg (2.25%), Vitamin B3: 0.36mg (1.81%), Zinc: 0.26mg (1.71%)