



Gluten-Free Valentine Confetti Cupcakes

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



262 kcal

Ingredients

- 1 box duncan hines devil's food cake gluten free
- 1 container fluffy frosting white
- 16 servings heart-shape paper punch
- 16 servings you will also need: parchment paper
- 4.5 oz strawberry jam

Equipment

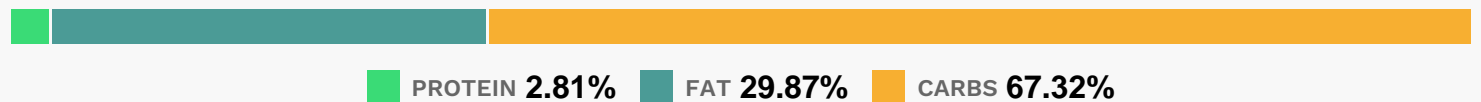
- frying pan
- oven
- wire rack

- toothpicks
- muffin liners
- kitchen scissors

Directions

- Heat oven to 350F.
- Place paper baking cup in each of 16 regular-size muffin cups. Make cake mix as directed on box, using water, butter and eggs. Divide batter evenly among muffin cups.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- Frost cupcakes with frosting. Using wrapped fruit snacks, cut some with decorative scissors into 1x1/4-inch strips for streamers and punch heart shapes from some; remove wrappers. Arrange streamers and hearts on each cupcake.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:11.4, Inflammation Score:-1, Nutrition Score:3.532608686096%

Nutrients (% of daily need)

Calories: 262.45kcal (13.12%), Fat: 8.95g (13.77%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 44.64g (16.23%), Sugar: 32.43g (36.03%), Cholesterol: 1.33mg (0.44%), Sodium: 285.13mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin B2: 0.15mg (8.78%), Phosphorus: 82.54mg (8.25%), Iron: 1.38mg (7.65%), Copper: 0.12mg (6.07%), Selenium: 4.04µg (5.77%), Folate: 20.82µg (5.2%), Vitamin E: 0.75mg (5.02%), Vitamin K: 4.78µg (4.55%), Calcium: 43.5mg (4.35%), Vitamin B1: 0.06mg (3.84%), Manganese: 0.07mg (3.51%), Magnesium: 13.71mg (3.43%), Vitamin B3: 0.63mg (3.14%), Potassium: 108.75mg (3.11%), Fiber: 0.75g (3.01%), Zinc: 0.27mg (1.77%), Vitamin B12: 0.09µg (1.43%)