



Goopy Brain Cupcakes

READY IN



70 min.

SERVINGS



10

CALORIES



359 kcal

DESSERT

Ingredients

- 1 pkg chocolate cake mix (2-layer size)
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 14 oreo cookies coarsely chopped
- 0.3 cup powdered sugar
- 1 drops food coloring red
- 2 cups cool whip whipped topping thawed

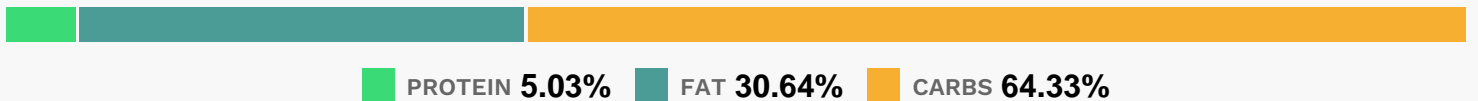
Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners
- pastry bag

Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package; stir in cookies. Spoon into 24 paper-lined muffin cups.
- Bake 20 to 25 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pans 10 min.; remove to wire racks. Cool completely.
- Beat pudding mix, milk and sugar in large bowl with whisk 2 min. Stir in COOL WHIP and food coloring; spoon into pastry bag fitted with round tip.
- Pipe pudding mixture in zigzag pattern on tops of cupcakes to resemble brains, starting in center of each cupcake before filling in sides. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:7.0734781959782%

Nutrients (% of daily need)

Calories: 359.29kcal (17.96%), Fat: 12.73g (19.59%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 60.15g (20.05%), Net Carbohydrates: 58.57g (21.3%), Sugar: 38.68g (42.98%), Cholesterol: 3.23mg (1.08%), Sodium: 502.92mg (21.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.59mg (1.86%), Protein: 4.7g (9.41%), Iron: 4mg (22.23%), Phosphorus: 168.2mg (16.82%), Copper: 0.23mg (11.64%), Calcium: 109.5mg (10.95%), Manganese: 0.21mg (10.61%), Selenium: 7.16µg (10.23%), Folate: 37.48µg (9.37%), Vitamin B2: 0.16mg (9.3%), Vitamin B1: 0.12mg (8.21%), Magnesium: 32.18mg (8.04%), Potassium: 235.61mg (6.73%), Vitamin E: 0.98mg (6.54%), Vitamin K: 6.8µg (6.47%), Fiber: 1.58g (6.33%), Vitamin B3: 1.17mg (5.84%), Zinc: 0.59mg (3.91%), Vitamin B12: 0.16µg (2.7%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.04mg (1.93%), Vitamin D: 0.27µg (1.79%), Vitamin A: 52.26IU (1.05%)