



## Graduation Cap Cupcakes

READY IN



85 min.

SERVINGS



25

CALORIES



169 kcal

DESSERT

### Ingredients

- 2 chewy fruit snack rolls
- 12 graham crackers (24 squares)
- 24 gourmet jelly beans
- 1 env. kool-aid orange flavor drink mix unsweetened
- 0.7 cup baker's semi-sweet dipping chocolate dark melted ()
- 2 cups cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

### Equipment

- baking sheet
- oven
- toothpicks
- wooden spoon
- ziploc bags
- muffin liners

## Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package. Blend in dry drink mix; spoon into 24 paper-lined muffin cups.
- Bake 20 to 25 min. or until toothpick inserted in centers comes out clean; cool completely. Meanwhile, spread 1 tsp. melted chocolate onto each graham square to completely cover top of graham; place in single layer on baking sheet. Refrigerate until firm.
- Remove liners from cupcakes; place cupcakes upside-down on plate. Use wooden spoon handle to poke deep hole in center of each cupcake, being careful to not poke through to bottom of cupcake. Spoon COOL WHIP into resealable plastic bag.
- Cut small piece off one bottom corner of bag; use to pipe COOL WHIP into holes and onto tops of cupcakes, reserving small amount of COOL WHIP for later use. Top cupcakes with graham, chocolate sides up, to resemble graduation caps.
- Use fruit rolls to make tassels for caps. (See tip.)
- Add 1 tassel and jelly bean to top of each graham square, securing each with dab of remaining COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:2.96, Glycemic Load:3.62, Inflammation Score:-2, Nutrition Score:3.4086956874184%

## Nutrients (% of daily need)

Calories: 169.35kcal (8.47%), Fat: 3.86g (5.94%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 30.8g (11.2%), Sugar: 18.37g (20.41%), Cholesterol: 0.41mg (0.14%), Sodium: 202.06mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.01mg (1.34%), Protein: 1.87g (3.74%), Phosphorus: 98.76mg (9.88%), Iron: 1.12mg (6.23%), Calcium: 58.04mg (5.8%), Fiber: 1.43g (5.71%), Manganese: 0.11mg (5.57%), Copper: 0.1mg (5.15%), Vitamin B2: 0.08mg (4.75%), Vitamin B1: 0.07mg (4.69%), Vitamin B3: 0.92mg (4.61%), Folate: 18.07µg (4.52%), Magnesium: 16.52mg (4.13%), Vitamin K: 2.79µg (2.65%), Potassium: 86.83mg (2.48%), Zinc: 0.35mg (2.33%), Vitamin A: 115.58IU (2.31%), Selenium: 1.17µg (1.68%), Vitamin E: 0.25mg (1.65%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.1mg (1.04%)