



Graduation Cup-caps

READY IN



55 min.

SERVINGS



24

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 chewy fruit snack rolls
- ☐ 12 honey maid honey grahams
- ☐ 24 gourmet jelly beans
- ☐ 0.2 ounce kool-aid orange flavor drink mix unsweetened soft
- ☐ 7 ounce baker's real semi-sweet dipping chocolate dark melted
- ☐ 2 cups cool whip whipped topping thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix white yellow

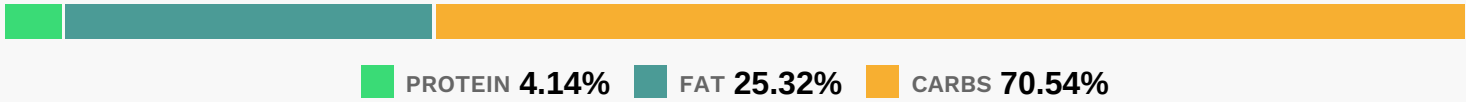
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Line 24 muffin pan cups with paper liners. Prepare cake batter as directed on package. Stir in drink mix until well blended. Spoon into muffin cups.
- ☐ Bake 20 to 25 min. or until toothpick inserted in center comes out clean; cool.
- ☐ Spread 1 tsp. melted chocolate onto each graham square to cover entire top of cracker.
- ☐ Place on baking sheet. Refrigerate until hardened.
- ☐ Remove paper from cupcakes. Turn upside down. Using wooden spoon handle, make small tunnel from top to bottom in center of cupcake.
- ☐ Place whipped topping in small resealable plastic bag. Snip corner; pipe small amount of whipped topping into each cupcake.
- ☐ Place remaining whipped topping on top. Top with chocolate covered graham to make "cap".
- ☐ See tip below to make tassels.
- ☐ Place each tassel on top of cap with jelly bean in center, using a small amount of whipped topping as glue.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.6600000378878%

Nutrients (% of daily need)

Calories: 169.47kcal (8.47%), Fat: 4.84g (7.44%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 28.81g (10.48%), Sugar: 19g (21.11%), Cholesterol: 0.66mg (0.22%), Sodium: 157.83mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.11mg (2.37%), Protein: 1.78g (3.56%), Phosphorus: 103.97mg (10.4%), Manganese: 0.17mg (8.25%), Copper: 0.15mg (7.51%), Fiber: 1.5g (6.01%), Iron: 1.07mg (5.94%), Calcium: 59.24mg (5.92%), Magnesium: 19.43mg (4.86%), Folate: 16.12µg (4.03%), Vitamin B2: 0.07mg (3.96%), Selenium: 2.74µg (3.92%), Vitamin B1: 0.06mg (3.74%), Vitamin B3: 0.75mg (3.73%), Vitamin K: 3.11µg (2.96%), Potassium: 101.91mg (2.91%), Vitamin A: 122.41IU (2.45%), Zinc: 0.36mg (2.41%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.11mg (1.05%), Vitamin C: 0.83mg (1.01%)