



WHATSheATE



Graduation Cupcakes



Dairy Free

READY IN



585 min.

SERVINGS



24

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 2 snack peppers (from 4.5-oz box)
- ☐ 1 box cake mix yellow your favorite (or flavor)
- ☐ 12 oz fluffy frosting white
- ☐ 1 serving purple gel food coloring assorted
- ☐ 0.7 oz purple gel food coloring
- ☐ 1 serving sprinkles
- ☐ 1 serving snack peppers
- ☐ 1 cup peanut butter candy pieces miniature

☐ 1 serving graham crackers

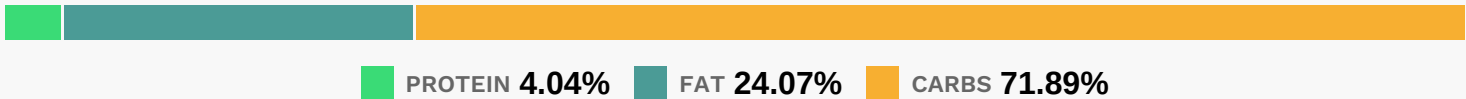
Equipment

- ☐ oven
- ☐ knife
- ☐ wooden spoon

Directions

- ☐ Cut fruit snack rolls into 12-inch pieces.
- ☐ Cut each piece lengthwise into 4 strips, using knife and straightedge.
- ☐ Roll each strip in a spiral around handle of wooden spoon. Store at room temperature at least 8 hours to set curl.
- ☐ Bake cake mix as directed on box for cupcakes, using water, oil and eggs. Cool completely, about 1 hour.
- ☐ Tint half of frosting with food color. Frost cupcakes with frosting. Write "Congratulations" or "Congrats" and the graduate's name on cupcakes with decorating gel. Decorate other cupcakes with candy sprinkles and colored sugar. Unwrap fruit snack streamers from spoon handles. Reshape into desired curl; place on cupcakes.
- ☐ Cut additional fruit snack into small pieces and flower petal shapes; arrange on some of the cupcakes.
- ☐ Top some of the cupcakes with candy graduation caps. To make, place small amount of frosting on bottom of peanut butter cup. Press graham cracker onto peanut butter cup. To make tassel, tightly roll up small square of chewy fruit snack; cut fringe in one end and press other end to center of graham cracker.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:3.133043480956%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 184.78kcal (9.24%), Fat: 4.98g (7.67%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 32.91g (11.97%), Sugar: 23.18g (25.76%), Cholesterol: 0mg (0%), Sodium: 205.88mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Phosphorus: 88.52mg (8.85%), Vitamin B2: 0.11mg (6.74%), Manganese: 0.13mg (6.5%), Folate: 21.72µg (5.43%), Vitamin B3: 1.07mg (5.36%), Calcium: 52.37mg (5.24%), Vitamin B1: 0.07mg (4.61%), Vitamin C: 3.04mg (3.68%), Vitamin E: 0.53mg (3.53%), Iron: 0.57mg (3.15%), Vitamin K: 3.05µg (2.9%), Magnesium: 10.16mg (2.54%), Copper: 0.05mg (2.42%), Fiber: 0.58g (2.33%), Vitamin B6: 0.03mg (1.66%), Vitamin A: 74.36IU (1.49%), Potassium: 50.14mg (1.43%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.19mg (1.24%), Selenium: 0.73µg (1.04%)