

Halloween Owl Cupcakes

airy Free







DESSERT

Ingredients

1 box chocolate cake mix

12 oz fluffy frosting white

4.3 oz chocolate icing yellow

48 semi chocolate chips

24 pieces candy corn

Equipment

oven

muffin liners

Directions Heat oven to 350°F (325°F for dark or nonstick pans). Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake mix as directed on box for cupcakes, using water, oil and eggs. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely, about 20 minutes. Spoon white frosting into decorating bag fitted with round plain tip #804 or #4T (with 3/8-inch opening). Squeeze bag to pipe 2 large rounds, sides touching, on each cupcake to look like owl face. Pipe yellow decorating icing in center of rounds for eyes. Top with chocolate chips for pupils. Press candy corn between eyes for beak.

Properties

Glycemic Index:3.58, Glycemic Load:5.6, Inflammation Score:-4, Nutrition Score:10.498260837534%

Nutrients (% of daily need)

Calories: 485.17kcal (24.26%), Fat: 27.37g (42.11%), Saturated Fat: 13.49g (84.34%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 51.52g (18.73%), Sugar: 40.39g (44.88%), Cholesterol: 3.36mg (1.12%), Sodium: 192.1mg (8.35%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 50.14mg (16.71%), Protein: 4.49g (8.98%), Manganese: 0.78mg (39.11%), Copper: 0.77mg (38.54%), Magnesium: 107.21mg (26.8%), Iron: 4.38mg (24.33%), Phosphorus: 197.66mg (19.77%), Fiber: 4.91g (19.65%), Potassium: 383.45mg (10.96%), Zinc: 1.64mg (10.94%), Selenium: 6.96µg (9.94%), Vitamin K: 7.21µg (6.87%), Vitamin B2: 0.11mg (6.72%), Calcium: 62.3mg (6.23%), Vitamin E: 0.82mg (5.49%), Vitamin B3: 0.8mg (4%), Vitamin B1: 0.05mg (3.36%), Folate: 12.7µg (3.17%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.1µg (1.68%), Vitamin B6: 0.03mg (1.3%)

PROTEIN 3.66% FAT 50.27% CARBS 46.07%