



## Halloween Skull Cupcakes

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



172 kcal

DESSERT

### Ingredients

- ☐ 1 box cake mix white
- ☐ 12 large marshmallows halved
- ☐ 12 oz vanilla frosting
- ☐ 48 small m&m candies (from 4.75-oz box)
- ☐ 24 chocolate chips
- ☐ 0.3 cup slivered almonds

### Equipment

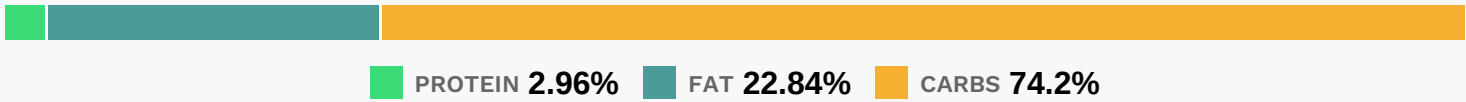
- ☐ oven

☐ 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, bake and cool cupcakes as directed on box.
- ☐ Carefully pull back a small section of paper from each cupcake; insert marshmallow half between paper and cake of each. Frost tops of cupcakes and marshmallows to look like skull shape.
- ☐ For each skull cake, use 2 mint candies for eyes, 1 chocolate chip, point side down, for nose, and 6 to 8 almonds for teeth. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:5.87, Inflammation Score:-1, Nutrition Score:2.3447825925668%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 172.07kcal (8.6%), Fat: 4.41g (6.79%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 31.81g (11.57%), Sugar: 21.9g (24.33%), Cholesterol: 0.3mg (0.1%), Sodium: 179.54mg (7.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Phosphorus: 80.84mg (8.08%), Vitamin B2: 0.1mg (6.02%), Calcium: 53.77mg (5.38%), Vitamin E: 0.69mg (4.62%), Folate: 16.74µg (4.19%), Manganese: 0.07mg (3.51%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.59mg (2.94%), Iron: 0.52mg (2.87%), Selenium: 1.97µg (2.82%), Vitamin K: 2.42µg (2.31%), Fiber: 0.44g (1.74%), Copper: 0.03mg (1.62%), Magnesium: 5.62mg (1.4%)