



Halloween Spider Cupcakes

READY IN



85 min.

SERVINGS



18

CALORIES



282 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 cup buttermilk
- ☐ 0.5 cup vegetable oil
- ☐ 2 teaspoons vanilla
- ☐ 1 eggs

- ☐ 1 cup butter softened
- ☐ 3 cups powdered sugar
- ☐ 0.3 cup p of sugar black
- ☐ 18 m&m candies red miniature

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 18 regular-size muffin cups. In large bowl, mix flour, granulated sugar, cocoa, baking soda and salt. In medium bowl, mix buttermilk, oil, 1 teaspoon of the vanilla and the egg with whisk until blended.
- ☐ Add oil mixture to flour mixture, stirring just until blended. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pans to cooling rack. Cool completely.
- ☐ In large bowl, beat butter, 1 cup of the powdered sugar and remaining 1 teaspoon vanilla with electric mixer on medium speed until smooth. Gradually add remaining powdered sugar, beating until blended. Frost cupcakes. For each cupcake, place small spider-shaped stencil or template on frosting; sprinkle black sanding sugar over stencil to cover the image. Carefully remove stencil.
- ☐ Place red candy in center of spider.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:13.71, Inflammation Score:-4, Nutrition Score:3.5404347638073%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 281.57kcal (14.08%), Fat: 12.63g (19.43%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 43.16g (14.39%), Net Carbohydrates: 42.26g (15.37%), Sugar: 32.05g (35.61%), Cholesterol: 10.71mg (3.57%), Sodium: 263.56mg (11.46%), Alcohol: 0.15g (100%), Alcohol %: 0.24% (100%), Caffeine: 3.66mg (1.22%), Protein: 2.29g (4.57%), Vitamin A: 488.54IU (9.77%), Selenium: 5.19µg (7.41%), Manganese: 0.14mg (6.79%), Vitamin B1: 0.09mg (6.1%), Vitamin B2: 0.1mg (5.91%), Folate: 21.51µg (5.38%), Iron: 0.78mg (4.35%), Phosphorus: 42.04mg (4.2%), Copper: 0.08mg (4.15%), Fiber: 0.9g (3.59%), Vitamin E: 0.53mg (3.55%), Vitamin B3: 0.67mg (3.34%), Magnesium: 12.3mg (3.07%), Calcium: 25.65mg (2.56%), Vitamin K: 2.35µg (2.23%), Potassium: 63.32mg (1.81%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.1µg (1.6%), Vitamin B5: 0.15mg (1.49%), Vitamin D: 0.22µg (1.48%)