



Hole-in-One Father's Day Cupcakes

READY IN



105 min.

SERVINGS



24

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1.3 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup water hot
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 0.8 cup shortening
- ☐ 1.5 cups granulated sugar
- ☐ 2 eggs

- ☐ 1 teaspoon vanilla
- ☐ 6 cups powdered sugar
- ☐ 0.7 cup butter softened
- ☐ 1 tablespoon vanilla
- ☐ 3 tablespoons milk
- ☐ 3 graham cracker squares crushed
- ☐ 0.3 cup sprinkles green
- ☐ 24 sprinkles
- ☐ 1 serving sprinkles
- ☐ 24 xanthan gum white

Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ drinking straws

Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In medium bowl, mix flour, baking soda, salt and baking powder; set aside. In small bowl, mix hot water and cocoa until dissolved; set aside.
- ☐ In large bowl, beat shortening with electric mixer on medium speed 30 seconds. Gradually add granulated sugar, about 1/4 cup at a time, beating well after each addition. Beat 2 minutes longer.
- ☐ Add eggs, one at a time, beating well after each addition. Beat in 1 teaspoon vanilla. On low speed, alternately add flour mixture, about a third at a time, and cocoa mixture, about half at a time, beating just until blended.

- ☐ Divide batter evenly among muffin cups, filling each about two-thirds full.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove cupcakes from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ In large bowl, mix powdered sugar and butter with spoon or electric mixer on low speed. Stir in 1 tablespoon vanilla and 3 tablespoons milk. Gradually beat in just enough remaining milk to make frosting smooth and spreadable. Frost cooled cupcakes.
- ☐ On one side of each cupcake, sprinkle about 1/2 teaspoon graham cracker crumbs for "sand." On other side of cupcake, sprinkle generous 1/2 teaspoon green sprinkles for "grass."
- ☐ Cut straws into 3 1/2-inch lengths.
- ☐ Cut colored paper into flags. Tape each flag to one end of each straw piece; poke into cupcake. Gently press one gum ball into each cupcake for golf ball.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:14.99, Inflammation Score:-3, Nutrition Score:3.7178260614367%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 340.51kcal (17.03%), Fat: 12.64g (19.44%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 54.89g (19.96%), Sugar: 45.59g (50.66%), Cholesterol: 13.86mg (4.62%), Sodium: 231.99mg (10.09%), Alcohol: 0.24g (100%), Alcohol %: 0.34% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.19g (4.37%), Manganese: 0.17mg (8.37%), Fiber: 2.04g (8.16%), Selenium: 5.29µg (7.56%), Vitamin B1: 0.09mg (6.01%), Copper: 0.11mg (5.68%), Folate: 22.02µg (5.5%), Iron: 0.98mg (5.42%), Vitamin B2: 0.09mg (5.28%), Vitamin A: 248.39IU (4.97%), Vitamin E: 0.64mg (4.24%), Phosphorus: 42.11mg (4.21%), Magnesium: 15.78mg (3.94%), Vitamin B3: 0.71mg (3.55%), Vitamin K: 3.52µg (3.35%), Zinc: 0.31mg (2.09%), Potassium: 61.45mg (1.76%), Vitamin B5: 0.16mg (1.64%), Calcium: 14.93mg (1.49%)