



## Hole-in-One Father's Day Cupcakes

READY IN



105 min.

SERVINGS



24

CALORIES



347 kcal

DESSERT

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 1.3 teaspoons baking soda
- 0.7 cup butter softened
- 24 sprinkles
- 2 eggs
- 2 cups flour all-purpose
- 3 graham cracker squares crushed
- 1.5 cups granulated sugar
- 24 xanthan gum white

- 0.3 cup m&m candies green
- 3 tablespoons milk
- 6 cups powdered sugar
- 24 servings you will also need: parchment paper
- 1 teaspoon salt
- 0.8 cup shortening
- 0.7 cup cocoa powder unsweetened
- 1 tablespoon vanilla
- 1 teaspoon vanilla
- 1 cup water hot

## Equipment

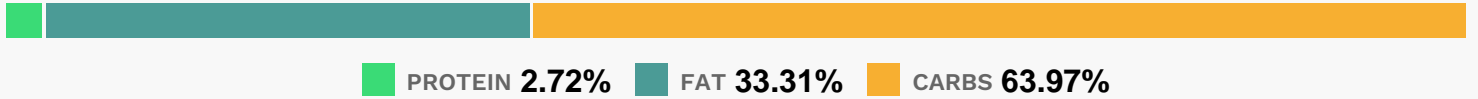
- bowl
- oven
- hand mixer
- toothpicks
- muffin liners
- drinking straws

## Directions

- Heat oven to 350F.
- 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:3.8647825630463%

## 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: 346.76kcal (17.34%), Fat: 13.19g (20.29%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 57g (19%), Net Carbohydrates: 54.86g (19.95%), Sugar: 45g (50%), Cholesterol: 14.39mg (4.8%), Sodium: 239.67mg (10.42%), Alcohol: 0.24g (100%), Alcohol %: 0.34% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.42g (4.84%), Manganese: 0.17mg (8.69%), Fiber: 2.14g (8.54%), Selenium: 5.57µg (7.96%), Vitamin B1: 0.1mg (6.36%), Iron: 1.04mg (5.81%), Copper: 0.12mg (5.75%), Folate: 22.88µg (5.72%), Vitamin B2: 0.09mg (5.5%), Vitamin A: 255IU (5.1%), Phosphorus: 42.92mg (4.29%), Vitamin E: 0.64mg (4.24%), Magnesium: 15.98mg (3.99%), Vitamin B3: 0.76mg (3.82%), Vitamin K: 3.52µg (3.35%), Zinc: 0.32mg (2.14%), Calcium: 18.75mg (1.88%), Potassium: 62.27mg (1.78%), Vitamin B5: 0.16mg (1.64%)