



Holiday Poke Cupcakes

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 1 pkg jell-o brand gelatin red 4 serving size
- ☐ 24 servings food coloring green red
- ☐ 24 servings suggested decorations: colored sugar jet-puffed crushed
- ☐ 1 cup water boiling
- ☐ 8 ounce cool whip whipped topping thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

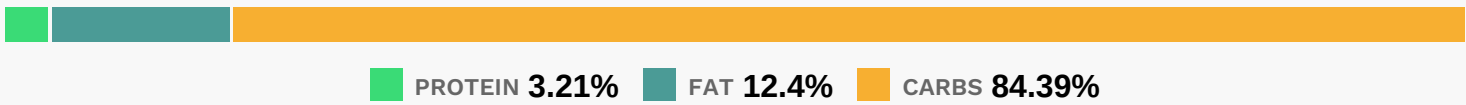
Equipment

- ☐ oven

Directions

- ☐ Prepare batter and bake as directed for cupcakes. Cool in pans 10 min. Pierce tops with fork.
- ☐ Stir boiling water into dry gelatin mix until dissolved; spoon over cupcakes. Refrigerate 30 min.
- ☐ Remove from pans.
- ☐ Tint whipped topping with food coloring; spread over cupcakes. Decorate as desired. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:8.38, Inflammation Score:-1, Nutrition Score:1.8434782540021%

Nutrients (% of daily need)

Calories: 147.7kcal (7.39%), Fat: 2.07g (3.19%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 31.48g (11.45%), Sugar: 23.28g (25.86%), Cholesterol: 0.19mg (0.06%), Sodium: 156.89mg (6.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Phosphorus: 79.66mg (7.97%), Calcium: 54.36mg (5.44%), Folate: 15.39µg (3.85%), Vitamin B2: 0.06mg (3.39%), Vitamin B1: 0.05mg (3.25%), Selenium: 2.17µg (3.1%), Vitamin B3: 0.52mg (2.62%), Iron: 0.44mg (2.42%), Manganese: 0.04mg (2.24%), Vitamin E: 0.23mg (1.57%), Copper: 0.02mg (1.09%)