



## How to Make a Cupcake Menorah



Dairy Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



1568 kcal

## Ingredients

- ☐ 1 sheets grands flaky refrigerator biscuits for glitter spills
- ☐ 9 fluffy frosting white
- ☐ 25 oz olives canned
- ☐ 9 small you will also need: parchment paper
- ☐ 4 sheets veggie broth blue
- ☐ 1 serving frangelico blue
- ☐ 1 serving frangelico white
- ☐ 1 serving frangelico blue
- ☐ 1 serving frangelico white

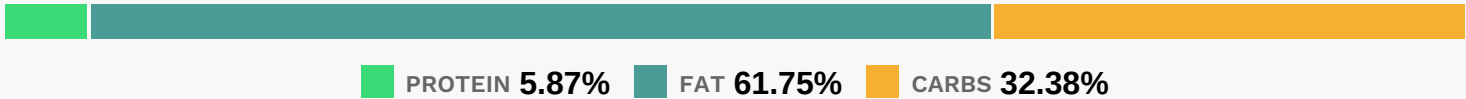
# Equipment

☐ baking sheet

# Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ How to Make a Cupcake Menorah
- ☐ You will need9 cupcakes and white frosting10 small olive cans (about 2.5 oz. each) – make sure they are stackable9 small paper doilies4 sheets blue card stock, 8.5x11Blue glitter
- ☐ White glue
- ☐ Paint brush
- ☐ Cookie sheet for glitter spills
- ☐ Printable cupcake wrappers, cut to size
- ☐ Servings: 1 Cupcake Menorah
- ☐ Kosher Key: Dairy or Pareve depending on cupcakes

# Nutrition Facts



# Properties

Glycemic Index:152, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:36.739999732246%

# Flavonoids

Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg

# Nutrients (% of daily need)

Calories: 1568.24kcal (78.41%), Fat: 112.72g (173.42%), Saturated Fat: 15.19g (94.91%), Carbohydrates: 133.02g (44.34%), Net Carbohydrates: 106.55g (38.74%), Sugar: 9.76g (10.84%), Cholesterol: 15.39mg (5.13%), Sodium: 12070.52mg (524.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Vitamin E: 27.17mg (181.1%), Fiber: 26.48g (105.92%), Selenium: 54.67µg (78.1%), Vitamin B1: 1.04mg (69.38%), Vitamin A: 2818.66IU (56.37%), Copper: 1.1mg (55.14%), Vitamin B3: 11.01mg (55.04%), Manganese: 1.1mg (54.76%), Iron: 9.26mg (51.46%), Calcium: 449.31mg (44.93%), Vitamin B2: 0.73mg (42.72%), Folate: 169.85µg (42.46%), Magnesium: 112.39mg

(28.1%), Phosphorus: 169.14mg (16.91%), Vitamin B6: 0.27mg (13.59%), Potassium: 441.83mg (12.62%), Vitamin K: 11.2µg (10.67%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.21mg (2.14%)