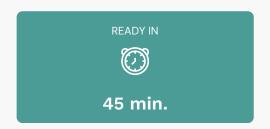
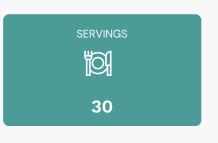


Ice Cream Cone Treats

airy Free







DESSERT

Ingredients

	1 ounce sprinkles
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16 ounce vanilla frosting

18.3 ounce cake mix yellow

Equipment

oven

muffin tray

Directions Prepare cake mix batter according to directions, or make any standard cake recipe batter (i.e.

white, chocolate, etc.).

Place flat-bottomed ice cream cones in the cups of a regular muffin pan.

Pour enough batter into each cone to fill from 1/2 to 2/3 full.

Bake at time and temperature as recommended for cupcakes. After they have cooled, frost with your favorite canned or home-prepared frosting recipe. Decorate with sprinkles or other decorations of your choice.

Nutrition Facts

PROTEIN 1.95% FAT 20.49% CARBS 77.56%

Properties

Glycemic Index:1.43, Glycemic Load:4.41, Inflammation Score:-1, Nutrition Score:1.5786956574606%

Nutrients (% of daily need)

Calories: 130.66kcal (6.53%), Fat: 2.98g (4.58%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 25.16g (9.15%), Sugar: 17.87g (19.85%), Cholesterol: Omg (0%), Sodium: 153.37mg (6.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Phosphorus: 56.18mg (5.62%), Vitamin B2: 0.09mg (5.03%), Calcium: 36.84mg (3.68%), Folate: 12.94µg (3.23%), Vitamin B1: 0.04mg (2.76%), Vitamin E: 0.39mg (2.6%), Vitamin K: 2.47µg (2.35%), Vitamin B3: 0.43mg (2.16%), Iron: 0.38mg (2.13%), Manganese: 0.03mg (1.65%)