



It's Really Better Than Sex Cupcakes

READY IN



75 min.

SERVINGS



24

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 1.5 cups heavy cream
- ☐ 1 cup juice-packed pineapple canned crushed
- ☐ 24 raspberries fresh
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup coconut or sweetened
- ☐ 0.5 vanilla pod sliced lengthwise
- ☐ 1 teaspoon vanilla extract pure

- ☐ 3 teaspoons whipped cream stabilizer
- ☐ 1 box duncan hines classic decadent cake mix yellow

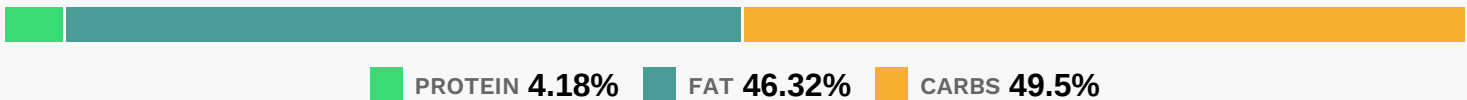
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ pastry bag

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Line 2 cupcake pans with paper liners. Prepare the yellow cake mix by mixing together 1 cup water, the cake mix, pineapple, canola oil and eggs. Divide the batter evenly among the cupcake liners, filling each two-thirds full.
- ☐ Bake until golden and a toothpick comes out clean, 15 to 20 minutes.
- ☐ Transfer to a wire rack to cool completely.
- ☐ Place the coconut on a baking sheet and toast until lightly browned, about 5 minutes.
- ☐ Combine the heavy cream, sugar, stabilizer, vanilla extract and vanilla bean in a large bowl. Whip with an electric mixer until stiff peaks form, and then transfer into a pastry bag fitted with a wide tip. Pipe out 2 tablespoons of frosting onto each cupcake and top with 1 teaspoon of the toasted coconut and 1 raspberry.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.73, Inflammation Score:-2, Nutrition Score:3.2382608600285%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 177.15kcal (8.86%), Fat: 9.24g (14.21%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 21.52g (7.83%), Sugar: 13.1g (14.56%), Cholesterol: 32.31mg (10.77%), Sodium: 173.78mg (7.56%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 1.87g (3.75%), Phosphorus: 86.71mg (8.67%), Calcium: 59.9mg (5.99%), Vitamin B2: 0.1mg (5.89%), Vitamin E: 0.81mg (5.38%), Vitamin A: 246.75IU (4.94%), Folate: 18.17µg (4.54%), Vitamin B1: 0.07mg (4.36%), Selenium: 2.71µg (3.87%), Manganese: 0.07mg (3.66%), Iron: 0.6mg (3.36%), Vitamin K: 3µg (2.86%), Vitamin B3: 0.56mg (2.82%), Fiber: 0.69g (2.77%), Vitamin D: 0.32µg (2.14%), Copper: 0.04mg (1.9%), Vitamin B6: 0.04mg (1.9%), Vitamin B5: 0.19mg (1.89%), Vitamin C: 1.54mg (1.87%), Magnesium: 6.54mg (1.63%), Potassium: 51.91mg (1.48%), Vitamin B12: 0.08µg (1.37%), Zinc: 0.18mg (1.19%)