



Jumbo Rainbow Cupcakes



Dairy Free



Popular

READY IN



110 min.

SERVINGS



12

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 2 boxes cake mix white
- ☐ 2.5 cups water
- ☐ 0.7 cup vegetable oil
- ☐ 6 egg whites
- ☐ 1 serving liquid smoke green blue red yellow
- ☐ 16 oz vanilla frosting

Equipment

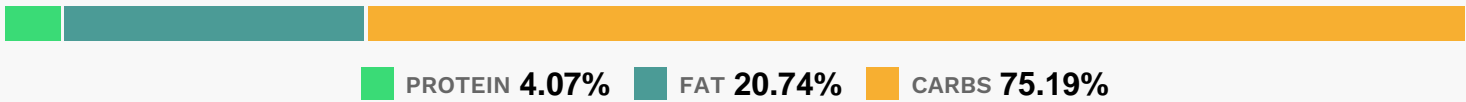
- ☐ bowl

- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place jumbo paper baking cup in each of 12 jumbo muffin cups.
- ☐ In large bowl, beat cake mixes, water, oil and egg whites with electric mixer on low speed 1 minute, then on medium speed 2 to 3 minutes, scraping bowl occasionally, until well blended.
- ☐ Divide batter among 6 separate bowls; tint each bowl a different color. For red, add 18 drops red food color. Orange: 4 drops red and 12 drops yellow. Yellow: 12 drops yellow. Green: 12 drops green. Blue: 12 drops blue. Purple: 9 drops red and 6 drops blue.
- ☐ In each muffin cup, place 1 tablespoon red batter.
- ☐ Add about 1 tablespoon of each remaining color batter until you have added all 6 colors.
- ☐ Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Pipe or spread frosting on cupcakes.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:11.04, Inflammation Score:-2, Nutrition Score:8.0869565729214%

Nutrients (% of daily need)

Calories: 507.75kcal (25.39%), Fat: 11.75g (18.08%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 95.86g (31.95%), Net Carbohydrates: 94.92g (34.51%), Sugar: 60.22g (66.91%), Cholesterol: 0mg (0%), Sodium: 694.24mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.37%), Phosphorus: 299.44mg (29.94%), Vitamin B2: 0.37mg (21.59%), Calcium: 192.37mg (19.24%), Folate: 63.94µg (15.99%), Selenium: 10.45µg (14.93%), Vitamin B1: 0.19mg (12.76%), Vitamin K: 11.69µg (11.14%), Vitamin B3: 2.15mg (10.77%), Vitamin E: 1.53mg (10.17%), Iron: 1.75mg (9.74%), Manganese: 0.18mg (8.91%), Copper: 0.08mg (4.06%), Fiber: 0.95g (3.79%), Vitamin B5: 0.3mg (3.03%), Magnesium: 12mg (3%), Zinc: 0.43mg (2.88%), Potassium: 90.73mg (2.59%), Vitamin B6: 0.02mg (1.24%)