



Key West Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 1 container fluffy frosting white
- ☐ 4 drops drop natural food coloring green
- ☐ 1 box vanilla pudding instant (4-serving size)
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated
- ☐ 1.5 cups powdered sugar
- ☐ 1.5 cups whipping cream
- ☐ 1 box cake mix yellow

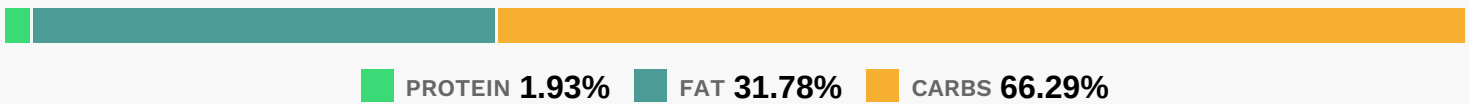
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags
- ☐ muffin liners

Directions

- ☐ To make filling, in large bowl, beat pudding mix and whipping cream with whisk 2 minutes.
- ☐ Let stand 3 minutes. Beat in 1/4 cup lime juice and the food color; stir in powdered sugar until smooth. Cover and refrigerate.
- ☐ Heat oven to 350F (325F for dark and nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ Spread 1 rounded tablespoonful filling on top of each cupcake. Stir frosting in container 20 times. Gently stir in 1 tablespoon lime juice and the lime peel. Spoon frosting into 1-quart resealable food-storage plastic bag.
- ☐ Cut 1/2-inch opening across lower corner of bag. Squeeze 1 tablespoon frosting from bag onto filling on each cupcake.
- ☐ Garnish with fresh lime wedge if desired. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:5.62, Inflammation Score:-2, Nutrition Score:2.7008695576502%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 255.45kcal (12.77%), Fat: 9.11g (14.01%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 42.44g (15.43%), Sugar: 32.47g (36.08%), Cholesterol: 16.81mg (5.6%), Sodium: 221.87mg (9.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin B2: 0.14mg (8.13%), Phosphorus: 79.4mg (7.94%), Calcium: 56.58mg (5.66%), Vitamin A: 220.26IU (4.41%), Folate: 17.1µg (4.28%), Vitamin E: 0.64mg (4.24%), Vitamin B1: 0.06mg (3.7%), Vitamin K: 3.62µg (3.45%), Iron: 0.5mg (2.8%), Vitamin B3: 0.56mg (2.78%), Manganese: 0.04mg (2.12%), Selenium: 1.2µg (1.71%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 1.05mg (1.27%), Fiber: 0.3g (1.19%), Vitamin B6: 0.02mg (1.15%), Potassium: 35.47mg (1.01%)