



Key West Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



234 kcal

DESSERT

Ingredients

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

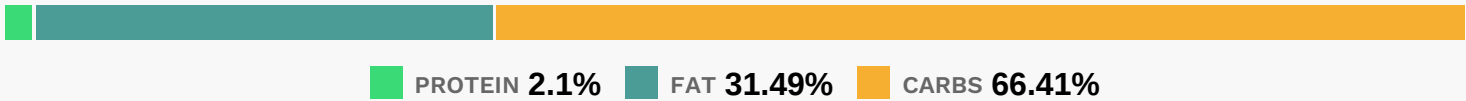
Equipment

- ☐ 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 350°F (325°F 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:4.14, Inflammation Score:-2, Nutrition Score:2.5913043359052%

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: 234.23kcal (11.71%), Fat: 8.28g (12.74%), Saturated Fat: 4.2g (26.22%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 39g (14.18%), Sugar: 29.27g (32.52%), Cholesterol: 16.81mg (5.6%), Sodium: 212.53mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Phosphorus: 78.49mg (7.85%), Vitamin B2: 0.12mg (7.23%), Calcium: 56.42mg (5.64%), Vitamin A: 220.26IU (4.41%), Folate: 16.7µg (4.17%), Vitamin E: 0.56mg (3.73%), Vitamin B1: 0.05mg (3.66%), Vitamin K: 2.96µg (2.82%), Iron: 0.5mg (2.76%), Vitamin B3: 0.54mg (2.72%), Manganese: 0.04mg (2.12%), Selenium: 1.19µg (1.7%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.13mg (1.28%), Vitamin C: 1.05mg (1.27%), Fiber: 0.3g (1.19%), Vitamin B6: 0.02mg (1.15%)