



King Cake Cupcakes

READY IN



75 min.

SERVINGS



24

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 10 oz cream cheese softened
- ☐ 2.5 cups powdered sugar
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon almond extract
- ☐ 1 serving plums green yellow
- ☐ 3 tablespoons frangelico

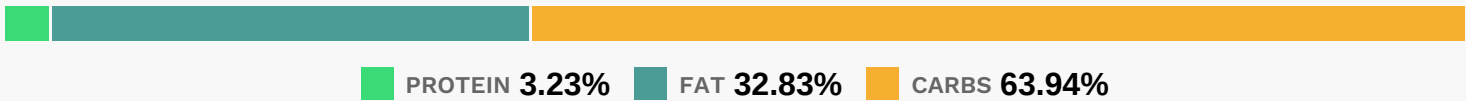
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. Make cake mix as directed on box, using water, oil and eggs. Divide batter evenly among muffin cups.
- ☐ Bake and cool as directed on box for cupcakes.
- ☐ In medium bowl, mix 6 oz of the cream cheese and 3/4 cup of the powdered sugar until well blended and smooth. Spoon mixture into decorating bag fitted with 1/2-inch round tip. Poke hole in top of each cupcake with tip; pipe small amount of mixture into center of cupcake. Smooth top.
- ☐ In large bowl, beat remaining 4 oz cream cheese, 1/3 cup butter, remaining 1 3/4 cups powdered sugar, the half-and-half and almond extract with electric mixer on medium speed until smooth and spreadable. If necessary, stir in additional half-and-half, 1 teaspoon at a time. Frost cupcakes.
- ☐ Sprinkle with bands of purple, green and yellow sugar. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.74, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:2.441304370113%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-

gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 194.92kcal (9.75%), Fat: 7.22g (11.1%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 31.28g (11.38%), Sugar: 22.62g (25.14%), Cholesterol: 11.93mg (3.98%), Sodium: 223.9mg (9.73%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 1.6g (3.19%), Phosphorus: 81.15mg (8.12%), Vitamin A: 293.12IU (5.86%), Calcium: 58.36mg (5.84%), Vitamin B2: 0.08mg (4.83%), Folate: 16.06µg (4.01%), Vitamin B1: 0.05mg (3.64%), Vitamin E: 0.41mg (2.76%), Vitamin B3: 0.54mg (2.68%), Iron: 0.48mg (2.66%), Selenium: 1.74µg (2.48%), Manganese: 0.05mg (2.32%), Vitamin B5: 0.16mg (1.57%), Fiber: 0.35g (1.39%), Vitamin B6: 0.03mg (1.27%), Vitamin K: 1.28µg (1.21%), Copper: 0.02mg (1.11%), Potassium: 37.23mg (1.06%)