



## Lemon Blueberry Ice Cream Cupcakes

 Gluten Free

READY IN



500 min.

SERVINGS



12

CALORIES



422 kcal

DESSERT

### Ingredients

- 0.5 cup blueberry filling (from 21-oz can)
- 24 optional: lemon crushed
- 6 oz lemonade concentrate frozen thawed canned
- 12 servings m&m candies
- 12 peanut butter cups
- 14 oz condensed milk sweetened canned (not evaporated)
- 8 oz non-dairy whipped topping frozen thawed

### Equipment

- bowl
- aluminum foil
- muffin liners

## Directions

- Place foil baking cup in each of 12 regular-size muffin cups.
- Sprinkle crushed cookies in cups. Spoon 2 teaspoons pie filling over cookies in each cup.
- In medium bowl, place whipped topping. Fold in condensed milk and lemonade concentrate. Spoon over fruit filling in baking cups.
- Cover and freeze 8 hours or until firm. Top with sprinkles just before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.21, Glycemic Load:14.57, Inflammation Score:-7, Nutrition Score:12.886086917442%

## Flavonoids

Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg Hesperetin: 60.26mg, Hesperetin: 60.26mg, Hesperetin: 60.26mg, Hesperetin: 60.26mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 421.54kcal (21.08%), Fat: 14.81g (22.79%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 74.18g (24.73%), Net Carbohydrates: 66.79g (24.29%), Sugar: 55.69g (61.88%), Cholesterol: 14.89mg (4.96%), Sodium: 133.12mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.17%), Vitamin C: 117.41mg (142.32%), Fiber: 7.39g (29.57%), Calcium: 198.11mg (19.81%), Phosphorus: 161.9mg (16.19%), Potassium: 520.94mg (14.88%), Vitamin B2: 0.22mg (12.95%), Vitamin B6: 0.22mg (10.82%), Iron: 1.87mg (10.38%), Vitamin B1: 0.15mg (10.17%), Magnesium: 39.83mg (9.96%), Folate: 37.57µg (9.39%), Selenium: 6.55µg (9.36%), Vitamin B5: 0.79mg (7.9%), Copper: 0.14mg (7.08%), Vitamin B3: 1.09mg (5.47%), Zinc: 0.69mg (4.62%), Manganese: 0.09mg (4.6%), Vitamin A: 195.34IU (3.91%), Vitamin B12: 0.23µg (3.79%), Vitamin E: 0.53mg (3.57%), Vitamin K: 1.6µg (1.52%)