



Lemon-Blueberry Ice-cream Cupcakes



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



371 kcal

Ingredients

- ☐ 21 ounce blueberry fruit filling canned
- ☐ 24 lemon cookies crushed
- ☐ 6 ounce lemonade concentrate frozen undiluted thawed canned
- ☐ 12 servings multicolored candies and sprinkles
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 ounce non-dairy whipped topping frozen thawed

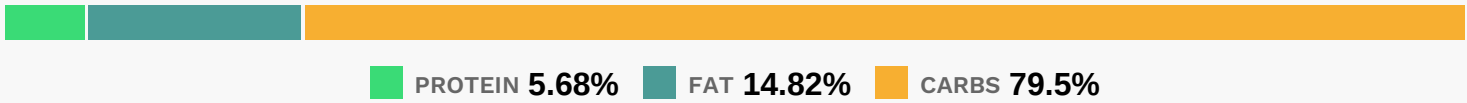
Equipment

- ☐ aluminum foil

Directions

- ☐
- Place 12 foil baking cups into muffin pans; sprinkle crushed cookies evenly into cups. Spoon 2 teaspoons fruit filling over cookies in each cup, reserving remaining fruit filling for another use.
- ☐
- Fold condensed milk and lemonade concentrate into whipped topping; spoon over fruit filling in prepared baking cups. Freeze 8 hours or until firm. Top with candies and sprinkles just before serving.
- ☐
- NOTE: For testing purposes only, we used Keebler Lemon Cooler cookies.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:14.57, Inflammation Score:-7, Nutrition Score:12.365652232066%

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: 371.02kcal (18.55%), Fat: 6.72g (10.34%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 81.08g (27.03%), Net Carbohydrates: 73.7g (26.8%), Sugar: 62.01g (68.9%), Cholesterol: 11.62mg (3.87%), Sodium: 66.88mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Vitamin C: 117.54mg (142.48%), Fiber: 7.38g (29.52%), Calcium: 177.9mg (17.79%), Potassium: 507.13mg (14.49%), Phosphorus: 139.17mg (13.92%), Vitamin B2: 0.21mg (12.63%), Vitamin B6: 0.21mg (10.53%), Iron: 1.79mg (9.93%), Selenium: 6.47µg (9.24%), Vitamin B1: 0.13mg (8.95%), Manganese: 0.18mg (8.76%), Magnesium: 33.16mg (8.29%), Folate: 29.45µg (7.36%), Copper: 0.14mg (7.21%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 0.6mg (3.99%), Zinc: 0.51mg (3.43%), Vitamin A: 160.73IU (3.21%), Vitamin B12: 0.18µg (3.06%), Vitamin K: 2.77µg (2.63%), Vitamin B3: 0.37mg (1.83%)