



## Lemon-Cream Cheese Cupcakes

READY IN



74 min.

SERVINGS



24

CALORIES



232 kcal

DESSERT

### Ingredients

- 0.3 cup butter softened
- 8 oz philadelphia cream cheese softened
- 4 egg whites
- 3.4 oz jell-o lemon flavor pudding instant
- 2 Tbsp juice of lemon
- 2 Tbsp oil
- 16 oz powdered sugar
- 1 cup water
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

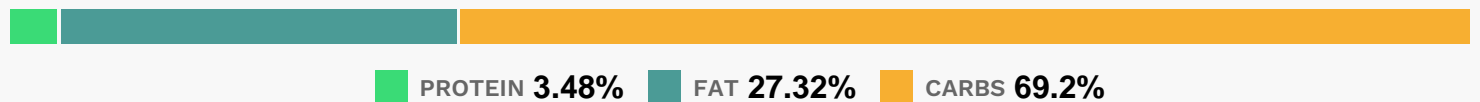
## Equipment

- bowl
- oven
- blender
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Beat first 5 ingredients in large bowl with mixer until blended. (Batter will be thick.) Spoon into 24 paper-lined muffin cups.
- Bake 21 to 24 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min.
- Remove to wire racks; cool completely.
- Beat cream cheese, butter and lemon juice in large bowl with mixer until blended. Gradually beat in sugar until blended.
- Spread onto cupcakes.

## Nutrition Facts



## Properties

Glycemic Index:3.21, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.5017391261847%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 232.09kcal (11.6%), Fat: 7.16g (11.01%), Saturated Fat: 3.63g (22.72%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 40.52g (14.73%), Sugar: 31.16g (34.62%), Cholesterol: 14.63mg (4.88%), Sodium: 228.85mg (9.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Phosphorus: 84.2mg (8.42%), Calcium: 58.02mg

(5.8%), Vitamin B2: 0.1mg (5.62%), Selenium: 3.84µg (5.49%), Folate: 16.45µg (4.11%), Vitamin A: 186.08IU (3.72%),  
Vitamin E: 0.53mg (3.53%), Vitamin B1: 0.05mg (3.3%), Vitamin B3: 0.53mg (2.65%), Iron: 0.45mg (2.5%),  
Manganese: 0.05mg (2.35%), Vitamin K: 1.78µg (1.69%), Vitamin B5: 0.13mg (1.31%), Copper: 0.02mg (1.21%),  
Potassium: 37.02mg (1.06%), Fiber: 0.26g (1.06%), Zinc: 0.15mg (1.03%)