



Lemon-Cream Cheese Cupcakes

READY IN



94 min.

SERVINGS



24

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 ounce philadelphia cream cheese softened
- ☐ 4 egg whites
- ☐ 3.4 ounce jell-o lemon flavor pudding instant
- ☐ 2 tablespoons juice of lemon
- ☐ 16 ounce powdered sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 package duncan hines classic decadent cake mix white 2-layer size

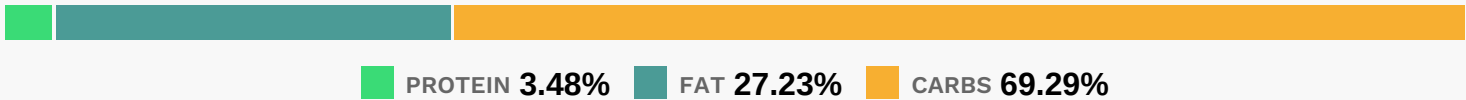
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350 degrees F. Beat cake mix, pudding mix, water, egg whites and oil in large bowl with mixer on low speed until moistened. (Batter will be thick.) Beat on medium speed 2 min. Spoon batter evenly into 24 paper-lined 2-1/2-inch 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.
- ☐ Meanwhile, beat sugar, cream cheese, butter and juice with mixer on low speed until well blended. Frost cupcakes.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.5217391278433%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, 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: 231.8kcal (11.59%), Fat: 7.12g (10.96%), Saturated Fat: 3.72g (23.26%), 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 B1: 0.05mg (3.3%), Vitamin K: 3.03µg (2.89%), Vitamin E: 0.42mg (2.79%), Vitamin B3: 0.53mg

(2.65%), Iron: 0.45mg (2.5%), Manganese: 0.05mg (2.35%), Vitamin B5: 0.13mg (1.31%), Copper: 0.02mg (1.21%),
Fiber: 0.26g (1.06%), Potassium: 37.02mg (1.06%), Zinc: 0.15mg (1.03%)