



Lemon Raspberry Yogurt Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 1 box lemon cake mix
- ☐ 6 oz raspberries fat free 99% yoplait®
- ☐ 0.8 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs
- ☐ 0.3 cup butter softened
- ☐ 3 cups powdered sugar
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons juice of lemon

- ☐ 2 drops food coloring yellow
- ☐ 1 serving yogurt frozen (directions in Tip)

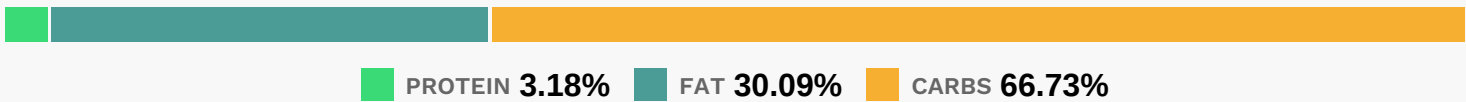
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ 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.
- ☐ In large bowl, beat Cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 22 minutes or until toothpick inserted near center comes out clean. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ In medium bowl, beat butter and powdered sugar with electric mixer on low speed until combined. Beat in grated lemon peel and enough lemon juice on medium speed until fluffy and of desired piping or spreading consistency.
- ☐ Add enough yellow food color for desired color, beating on low speed until thoroughly blended.
- ☐ Pipe or spread frosting on cupcakes. Immediately before serving, garnish each cupcake with Frozen Yogurt Bites (directions below).

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.0243478495142%

Flavonoids

Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg 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 Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 198.88kcal (9.94%), Fat: 6.76g (10.39%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 32.98g (11.99%), Sugar: 24.37g (27.08%), Cholesterol: 27.24mg (9.08%), Sodium: 185.69mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Phosphorus: 80.59mg (8.06%), Vitamin K: 6.98µg (6.65%), Calcium: 51.63mg (5.16%), Vitamin B2: 0.08mg (4.81%), Folate: 19.07µg (4.77%), Manganese: 0.09mg (4.55%), Vitamin E: 0.64mg (4.27%), Vitamin B1: 0.05mg (3.65%), Selenium: 2.47µg (3.53%), Iron: 0.6mg (3.36%), Fiber: 0.73g (2.91%), Vitamin C: 2.39mg (2.9%), Vitamin B3: 0.55mg (2.74%), Vitamin A: 110.92IU (2.22%), Vitamin B5: 0.19mg (1.91%), Vitamin B6: 0.03mg (1.53%), Copper: 0.03mg (1.42%), Vitamin B12: 0.08µg (1.26%), Magnesium: 4.59mg (1.15%), Zinc: 0.16mg (1.1%)