



Lemonade Cupcakes

READY IN



45 min.

SERVINGS



30

CALORIES



230 kcal

DESSERT

Ingredients

- 8 ounce carton cream sour
- 3 ounce cream cheese softened
- 12 ounce cream cheese frosting canned
- 3 large eggs
- 6 ounce lemonade concentrate frozen thawed canned
- 30 servings garnishes: chewy candies
- 18.3 ounce duncan hines classic decadent cake mix white

Equipment

- oven
- mixing bowl
- wire rack
- hand mixer
- muffin liners

Directions

- Remove 2 tablespoons lemonade concentrate from can, and reserve for another use.
- Combine remaining concentrate, cake mix, and next 3 ingredients in a mixing bowl. Beat at low speed with an electric mixer until moistened. Beat at high speed 3 minutes, stopping to scrape down sides. Spoon batter into 30 paper-lined muffin cups, filling each three-fourths full.
- Bake at 350 for 22 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 5 minutes.
- Remove cupcakes from pans; cool completely on wire rack.
- Spread evenly with frosting.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:0.9, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.4717391262884%

Nutrients (% of daily need)

Calories: 229.67kcal (11.48%), Fat: 9.06g (13.94%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 34.68g (12.61%), Sugar: 26.75g (29.72%), Cholesterol: 28.17mg (9.39%), Sodium: 170.12mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Phosphorus: 77.53mg (7.75%), Calcium: 69.09mg (6.91%), Selenium: 3.62µg (5.17%), Vitamin B2: 0.08mg (4.72%), Folate: 15.53µg (3.88%), Iron: 0.64mg (3.56%), Vitamin A: 145.77IU (2.92%), Vitamin B1: 0.04mg (2.85%), Fiber: 0.61g (2.45%), Vitamin B3: 0.43mg (2.16%), Manganese: 0.04mg (2.01%), Vitamin B5: 0.18mg (1.76%), Vitamin E: 0.26mg (1.74%), Zinc: 0.19mg (1.25%), Copper: 0.02mg (1.12%), Potassium: 38.84mg (1.11%), Vitamin B12: 0.07µg (1.11%), Vitamin C: 0.9mg (1.09%), Magnesium: 4.13mg (1.03%)