

Lil' Chick Cupcakes

Dairy Free







DESSERT

Ingredients

1	box	cake	mix	yellow

16 oz vanilla frosting

1 serving food coloring yellow

12 large gumdrops

24 m&m candies (from two 6-oz bags)

48 chocolate chips miniature

Equipment

bowl

	oven					
	wire rack					
	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. Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes.					
	Remove from pans to cooling rack. Cool completely, about 30 minutes.					
	Meanwhile, in medium bowl, mix frosting and 14 drops yellow food color until evenly tinted.					
	Remove paper baking cups from cupcakes.					
	Place upside down on serving platter.					
	Frost cupcakes with yellow frosting. Flatten and cut shapes out of orange gumdrops for beaks.					
	Cut shapes out of banana taffy for wings and comb. Press orange gumdrops firmly into cupcake for beak. Press banana taffy firmly into cupcake for wings and comb. Gently press miniature chocolate chips on face for eyes.					
Nutrition Facts						
	PROTEIN 1.91% FAT 19.98% CARBS 78.11%					

Properties

Glycemic Index:5.04, Glycemic Load:9.99, Inflammation Score:-1, Nutrition Score:2.0352173766688%

Nutrients (% of daily need)

Calories: 196.3kcal (9.82%), Fat: 4.36g (6.71%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 38.03g (13.83%), Sugar: 26.55g (29.5%), Cholesterol: 0.45mg (0.15%), Sodium: 196.19mg (8.53%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.94g (1.88%), Phosphorus: 70.24mg (7.02%), Vitamin B2: 0.11mg (6.33%), Calcium: 49.67mg (4.97%), Folate: 16.16µg (4.04%), Vitamin B1: 0.05mg (3.47%), Vitamin E: 0.49mg (3.25%), Iron: 0.54mg (2.99%), Vitamin K: 3.08µg (2.93%), Vitamin B3: 0.54mg (2.7%), Manganese: 0.04mg (2.09%), Fiber: 0.35g (1.38%), Selenium: 0.71µg (1.02%)