



Lil' Chick Cupcakes

 Dairy Free

READY IN



135 min.

SERVINGS



24

CALORIES



318 kcal

DESSERT

Ingredients

- 24 banana (from two 6-oz bags)
- 48 chocolate chips miniature
- 1 container fluffy frosting white
- 12 large cranberry-orange relish
- 1 box cake mix yellow
- 24 servings food coloring yellow

Equipment

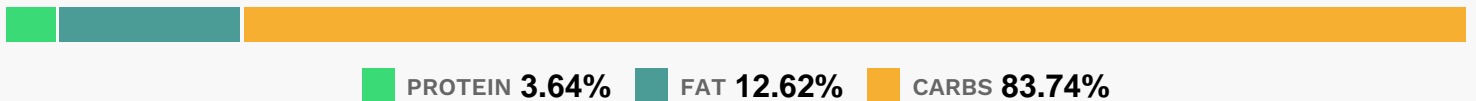
- bowl

- oven
- wire rack
- muffin liners

Directions

- Heat oven to 350F (325F 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



Properties

Glycemic Index:5.84, Glycemic Load:22.35, Inflammation Score:-6, Nutrition Score:12.002173802127%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 318.04kcal (15.9%), Fat: 4.68g (7.21%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 64.36g (23.4%), Sugar: 45.72g (50.8%), Cholesterol: 0.3mg (0.1%), Sodium: 194.78mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin C: 59.22mg (71.78%), Vitamin B6: 0.5mg (25.24%), Fiber: 5.59g (22.35%), Manganese: 0.38mg (19.14%), Potassium: 605.63mg (17.3%), Folate: 67.39µg (16.85%), Vitamin B2: 0.23mg (13.58%), Vitamin B1: 0.17mg (11.22%), Phosphorus: 109.08mg (10.91%), Magnesium: 43.41mg (10.85%), Calcium: 91.05mg (9.11%), Vitamin B3: 1.59mg (7.93%), Copper: 0.15mg (7.45%), Vitamin B5: 0.71mg (7.13%), Vitamin A: 287IU (5.74%), Vitamin E: 0.78mg (5.18%), Iron: 0.9mg (5.01%), Vitamin K: 3.72µg (3.54%), Selenium: 2.31µg (3.29%), Zinc: 0.31mg (2.09%)