



Lovin' Sweetcakes

 Dairy Free

READY IN



77 min.

SERVINGS



17

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz jell-o strawberry flavor gelatin red or any flavor
- 0.3 cup seasonal colored sugar
- 8 oz cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

Equipment

- oven
- toothpicks
- aluminum foil

muffin liners

Directions

Heat oven to 350F.

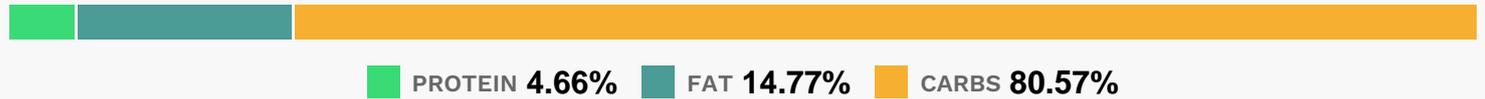
Prepare cake batter as directed on package. Stir in dry gelatin mix until blended; spoon into 24 paper-lined muffin cups, filling each cup half full.

Place small marble or 1/2-inch ball of foil between each liner and side of muffin cup, pushing liner into batter to form a heart shape.

Bake 20 to 22 min. or until toothpick inserted in centers comes out clean. Cool completely; remove marbles or foil balls.

Frost cupcakes with COOL WHIP. Decorate with sugar.

Nutrition Facts



Properties

Glycemic Index:4.12, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:2.6443478186493%

Nutrients (% of daily need)

Calories: 173.4kcal (8.67%), Fat: 2.88g (4.43%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 35.01g (12.73%), Sugar: 23.19g (25.76%), Cholesterol: 0.27mg (0.09%), Sodium: 243.7mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Phosphorus: 119.41mg (11.94%), Calcium: 76.25mg (7.63%), Folate: 21.84µg (5.46%), Vitamin B2: 0.08mg (4.74%), Selenium: 3.29µg (4.7%), Vitamin B1: 0.07mg (4.59%), Vitamin B3: 0.74mg (3.7%), Iron: 0.61mg (3.41%), Manganese: 0.06mg (3.15%), Vitamin E: 0.33mg (2.21%), Copper: 0.03mg (1.6%), Fiber: 0.33g (1.34%), Vitamin K: 1.25µg (1.19%), Magnesium: 4.38mg (1.09%), Zinc: 0.15mg (1.03%)