



Lucky Charms® Cupcakes

 Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



173 kcal

DESSERT

Ingredients

- 1 box duncan hines devil's food cake yellow
- 16 oz vanilla frosting
- 3 cups lucky cereal
- 1 serving edible gold dust green

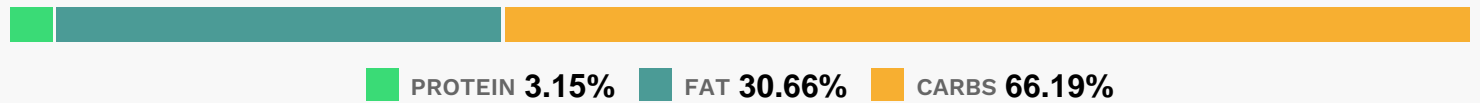
Equipment

- 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.
- Frost cupcakes with frosting. Top each cupcake with 2 tablespoons cereal; sprinkle with glitter. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:5.52, Inflammation Score:-3, Nutrition Score:4.8352174111035%

Nutrients (% of daily need)

Calories: 173.14kcal (8.66%), Fat: 6.1g (9.38%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 28.96g (10.53%), Sugar: 20.44g (22.72%), Cholesterol: 0mg (0%), Sodium: 212.44mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Folate: 46.02µg (11.5%), Iron: 1.84mg (10.24%), Vitamin B2: 0.16mg (9.6%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 1.47mg (7.34%), Vitamin B6: 0.14mg (7.12%), Manganese: 0.14mg (6.9%), Zinc: 0.99mg (6.63%), Phosphorus: 65.01mg (6.5%), Vitamin B12: 0.31µg (5.1%), Calcium: 47.1mg (4.71%), Selenium: 2.91µg (4.15%), Copper: 0.08mg (4.08%), Vitamin E: 0.51mg (3.39%), Vitamin K: 3.2µg (3.05%), Magnesium: 11.98mg (2.99%), Fiber: 0.66g (2.63%), Vitamin A: 127.57IU (2.55%), Potassium: 75.82mg (2.17%), Vitamin C: 1.2mg (1.45%), Vitamin D: 0.18µg (1.17%)