



## Mango-Cream Cupcakes

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



201 kcal

DESSERT

### Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup mango juice
- 0.5 cups mangos fresh finely chopped
- 3 oz jell-o mango flavor gelatin
- 16 oz ready-to-spread vanilla frosting
- 1 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

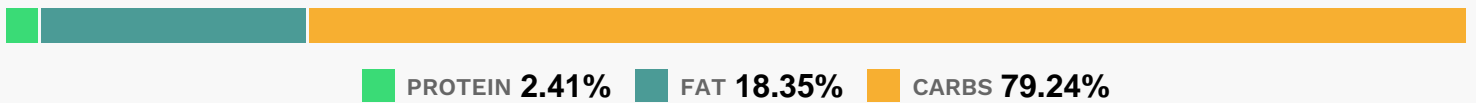
### Equipment

- bowl
- oven
- knife
- whisk
- muffin tray

## Directions

- Heat oven to 350F.
- Prepare cake batter and bake as directed on package for 24 cupcakes, blending dry gelatin mix into batter before spooning into prepared muffin pan cups. Cool cupcakes in pans 10 min.
- Remove from pans to wire racks; cool completely.
- Meanwhile, beat pudding mix and mango juice in large bowl with whisk 2 min. (Pudding will be thick.) Refrigerate until ready to use.
- Use small sharp knife to cut 1-1/4-inch-wide hole in top of each cupcake, being careful to not cut through to bottom of cupcake. Fill holes with pudding; cover with removed cupcake pieces.
- Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended.
- Spread onto cupcakes. Top with mangos just before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.65, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:2.3704347753006%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 200.81kcal (10.04%), Fat: 4.11g (6.33%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 39.61g (14.4%), Sugar: 29.69g (32.99%), Cholesterol: 0.06mg (0.02%), Sodium: 236.31mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Phosphorus: 78.78mg (7.88%), Vitamin B2: 0.11mg (6.75%), Calcium: 49.75mg (4.98%), Folate: 17.84µg (4.46%), Vitamin B1: 0.06mg (3.7%), Vitamin E: 0.53mg (3.57%), Vitamin K: 3.33µg (3.17%), Vitamin B3: 0.57mg (2.87%), Iron: 0.51mg (2.82%), Manganese: 0.05mg (2.58%), Vitamin C: 1.34mg (1.63%), Selenium: 1.04µg (1.49%), Fiber: 0.36g (1.43%), Copper: 0.03mg (1.3%), Vitamin B6: 0.02mg (1.16%), Potassium: 36.97mg (1.06%), Vitamin B5: 0.1mg (1.01%)