



May Flowers Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1 box raspberry gelatin (4-serving size)
- ☐ 12 oz cream cheese frosting
- ☐ 24 large marshmallows
- ☐ 1 serving sprinkles assorted
- ☐ 24 small gumbdrops yellow

Equipment

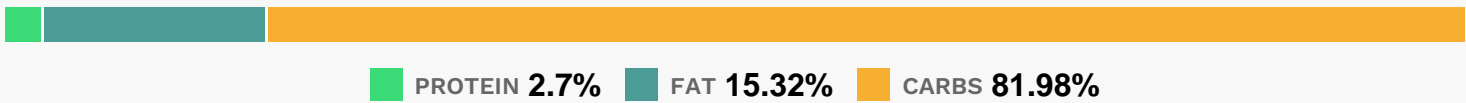
- ☐ oven

- ☐ toothpicks
- ☐ muffin liners
- ☐ kitchen scissors

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 cake mix as directed on box for cupcakes, using water, oil and egg whites and adding gelatin. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely.
- ☐ Frost cupcakes with frosting. With dampened kitchen scissors, cut each marshmallow into slices. Arrange slices on cupcakes in flower shape; sprinkle with candy sprinkles. Use frosting to attach gumdrop in center of each flower.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:5.9, Inflammation Score:-1, Nutrition Score:1.7708695815957%

Nutrients (% of daily need)

Calories: 189.15kcal (9.46%), Fat: 3.28g (5.05%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 39.27g (14.28%), Sugar: 27.42g (30.46%), Cholesterol: 0mg (0%), Sodium: 199.87mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Phosphorus: 78.61mg (7.86%), Calcium: 48.01mg (4.8%), Folate: 15.26µg (3.81%), Selenium: 2.31µg (3.29%), Vitamin B1: 0.05mg (3.14%), Vitamin B2: 0.05mg (2.91%), Iron: 0.48mg (2.65%), Vitamin B3: 0.52mg (2.61%), Manganese: 0.05mg (2.36%), Copper: 0.03mg (1.58%), Vitamin E: 0.19mg (1.25%)