



May Flowers Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 2 containers cream cheese frosting
- ☐ 24 small gumdrops yellow
- ☐ 24 servings m&m candies assorted
- ☐ 24 large marshmallows
- ☐ 1 box raspberry gelatin (4-serving size)
- ☐ 1 box cake mix white

Equipment

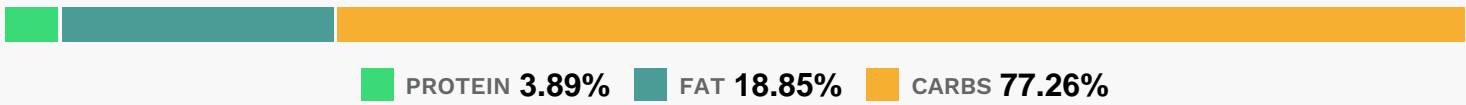
- ☐ oven

- ☐ toothpicks
- ☐ muffin liners
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 350F (325F 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:1.9595652151367%

Nutrients (% of daily need)

Calories: 204.21kcal (10.21%), Fat: 4.33g (6.66%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 39.25g (14.27%), Sugar: 27.47g (30.52%), Cholesterol: 2.25mg (0.75%), Sodium: 183.16mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Phosphorus: 78.18mg (7.82%), Calcium: 64.99mg (6.5%), Folate: 15.26µg (3.81%), Iron: 0.64mg (3.55%), Selenium: 2.23µg (3.19%), Vitamin B1: 0.05mg (3.14%), Vitamin B2: 0.05mg (2.86%), Fiber: 0.65g (2.61%), Vitamin B3: 0.52mg (2.6%), Manganese: 0.05mg (2.27%), Copper: 0.03mg (1.44%), Vitamin E: 0.19mg (1.25%)