



Mini Raspberry-Filled Chocolate Cupcakes

 Dairy Free

READY IN



95 min.

SERVINGS



60

CALORIES



67 kcal

DESSERT

Ingredients

- ☐ 1 box duncan hines devil's food cake with pudding
- ☐ 12 oz fluffy frosting white
- ☐ 1 cup raspberries fresh thawed ()
- ☐ 60 raspberries fresh (from three 6-oz containers)
- ☐ 0.7 cup raspberry jam seedless

Equipment

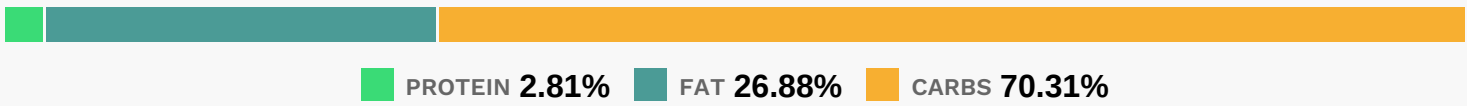
- ☐ bowl
- ☐ oven

- ☐ sieve
- ☐ blender
- ☐ toothpicks
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans).
- ☐ Place mini paper baking cup in each of 60 mini muffin cups.
- ☐ Make cake mix as directed on box, using water, oil and eggs. Fill muffin cups 3/4 full (about 1 heaping tablespoon each).
- ☐ Bake 10 to 15 minutes or until toothpick inserted in center of cupcake comes out clean. Cool 5 minutes; remove from pans to cooling racks. Cool completely, about 15 minutes.
- ☐ By slowly spinning end of round handle of wooden spoon back and forth, make deep, 1/2-inch-wide indentation in center of top of each cupcake, not quite to bottom (wiggle end of spoon in mini cake to make opening large enough).
- ☐ Spoon jam into small resealable food-storage plastic bag; seal bag.
- ☐ Cut 3/8-inch tip off 1 bottom corner of bag. Insert tip of bag into opening in each cupcake; squeeze bag to fill opening.
- ☐ In blender, place 1 cup raspberries. Cover; pulse 20 seconds or until pureed. Press puree through small strainer to remove seeds.
- ☐ Pour 1/4 cup raspberry puree into medium bowl; stir in frosting until well mixed. Frost cupcakes.
- ☐ Garnish each with 1 raspberry.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:3.12, Inflammation Score:-1, Nutrition Score:1.1173912972698%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 67.1kcal (3.35%), Fat: 2.07g (3.19%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.71g (4.26%), Sugar: 8.34g (9.27%), Cholesterol: 0mg (0%), Sodium: 71.08mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Phosphorus: 22.34mg (2.23%), Manganese: 0.04mg (2.22%), Iron: 0.38mg (2.11%), Vitamin B2: 0.03mg (1.94%), Fiber: 0.47g (1.9%), Copper: 0.04mg (1.81%), Vitamin C: 1.38mg (1.67%), Folate: 6.17µg (1.54%), Selenium: 0.98µg (1.4%), Vitamin E: 0.21mg (1.37%), Calcium: 12.73mg (1.27%), Vitamin K: 1.32µg (1.26%), Magnesium: 4.47mg (1.12%)