



Mr. Sun Cupcakes

 Dairy Free

READY IN



140 min.

SERVINGS



24

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 0.7 oz decorating gel red
- ☐ 4.3 oz chocolate icing black
- ☐ 48 large cranberry-orange relish red yellow
- ☐ 24 servings powdered sugar
- ☐ 1 container vanilla frosting
- ☐ 1 box cake mix yellow
- ☐ 24 servings food coloring yellow

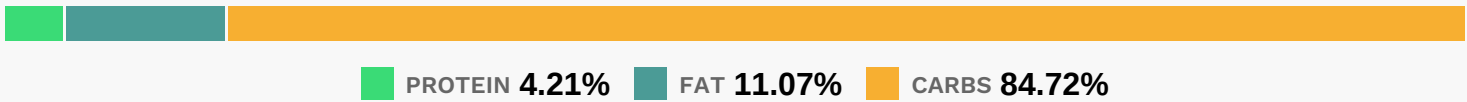
Equipment

- ☐ oven
- ☐ muffin liners
- ☐ rolling pin

Directions

- ☐ Heat oven to 350F (325F 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 racks. Cool completely, about 30 minutes.
- ☐ Stir 15 drops food color into frosting until bright yellow. Frost cupcakes.
- ☐ Lightly sprinkle powdered sugar on work surface and rolling pin.
- ☐ Roll 4 gumdrops at a time into flat ovals about 1/8 inch thick.
- ☐ Cut thin sliver off top and bottom of each oval to make rectangles.
- ☐ Cut each rectangle in half crosswise to make 2 squares; cut each square diagonally in half to make 2 triangles.
- ☐ Arrange 8 gumdrop triangles around edge of each cupcake for sun rays. Using small writing tip on black icing tube, pipe sunglasses on each cupcake. Using red gel, pipe smiling mouth on each cupcake. Refrigerate until ready to serve. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:21.79, Inflammation Score:-9, Nutrition Score:15.433913039125%

Flavonoids

Hesperetin: 100.28mg, Hesperetin: 100.28mg, Hesperetin: 100.28mg, Hesperetin: 100.28mg Naringenin: 56.38mg, Naringenin: 56.38mg, Naringenin: 56.38mg, Naringenin: 56.38mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 384.8kcal (19.24%), Fat: 4.97g (7.65%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 85.64g (28.55%), Net Carbohydrates: 76.55g (27.84%), Sugar: 66.87g (74.3%), Cholesterol: 0mg (0%), Sodium: 201.64mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin C: 195.78mg (237.3%), Fiber: 9.09g (36.36%), Folate: 126.99µg (31.75%), Vitamin B1: 0.37mg (24.82%), Potassium: 684.62mg (19.56%), Calcium: 193.46mg (19.35%), Vitamin A: 828IU (16.56%), Vitamin B2: 0.27mg (15.99%), Phosphorus: 122.67mg (12.27%), Vitamin B6: 0.24mg (11.87%), Vitamin B5: 1.01mg (10.12%), Magnesium: 39.2mg (9.8%), Copper: 0.18mg (9.08%), Vitamin E: 1.23mg (8.21%), Vitamin B3: 1.59mg (7.95%), Manganese: 0.13mg (6.67%), Iron: 0.86mg (4.78%), Selenium: 2.56µg (3.66%), Vitamin K: 3.78µg (3.6%), Zinc: 0.33mg (2.22%)