



Owl and Spider Cupcakes

READY IN



130 min.

SERVINGS



24

CALORIES



475 kcal

DESSERT

Ingredients

- 2 containers chocolate frosting
- 24 servings chocolate wafers such as nabisco famous
- 24 servings gumdrops black
- 24 servings m&m candies assorted
- 24 servings cinnamon candies red
- 24 servings green beans black cut into 2-inch pieces
- 24 servings sugar black
- 1 box cake mix yellow (1 lb 2.25 oz) (or other flavor)

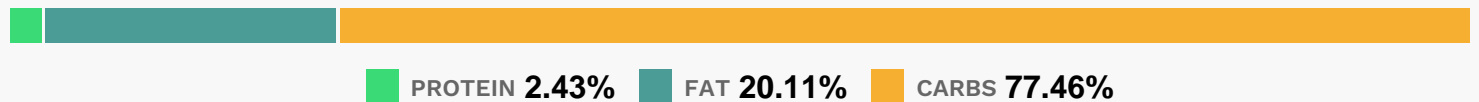
Equipment

- frying pan
- oven
- wire rack
- muffin liners

Directions

- Heat oven to 350F (325F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups.
- Mix and bake cake mix as directed on box for 24 cupcakes. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- To make spiders, press 4 licorice pieces into each side of 12 of the cupcakes, letting about 1 1/2 inches hang over side of cupcake.
- Spread tops of cupcakes with chocolate frosting; sprinkle with black decorator sugar crystals. Slice black gumdrops in half for faces. Press red cinnamon candies in center for eyes.
- To make owls, spread chocolate frosting on remaining 12 cupcakes. Use candies to form eyes, beaks and feet on each cupcake.
- Cut chocolate wafer cookies into quarters; place wafer pieces, triangle points up, behind eyes for ears.
- Cut wafer cookies into thirds for wings; place on cupcakes. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:10.57, Inflammation Score:-4, Nutrition Score:6.8278260697489%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 474.82kcal (23.74%), Fat: 11.05g (17%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 95.73g (31.91%), Net Carbohydrates: 93.2g (33.89%), Sugar: 78.28g (86.98%), Cholesterol: 2.27mg (0.76%), Sodium: 245.77mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin K: 24.3µg (23.14%), Manganese: 0.26mg (12.9%), Phosphorus: 118.83mg (11.88%), Fiber: 2.52g (10.09%), Iron: 1.79mg (9.92%), Calcium: 86.68mg (8.67%), Folate: 33.65µg (8.41%), Vitamin A: 413.6IU (8.27%), Vitamin C: 6.8mg (8.24%), Vitamin B2: 0.12mg (6.97%), Vitamin E: 1.02mg (6.8%), Vitamin B1: 0.1mg (6.79%), Copper: 0.13mg (6.73%), Magnesium: 24.37mg (6.09%), Potassium: 202.55mg (5.79%), Vitamin B3: 0.98mg (4.88%), Vitamin B6: 0.1mg (4.83%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.31mg (2.08%), Selenium: 1.42µg (2.02%)