



Piña Colada Cupcakes

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



441 kcal

DESSERT

Ingredients

- 15 oz cream of coconut canned
- 3 eggs
- 0.5 cup baker's angel flake coconut
- 16 oz ready-to-spread frosting white
- 20 oz pineapple in juice crushed undrained canned
- 1 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

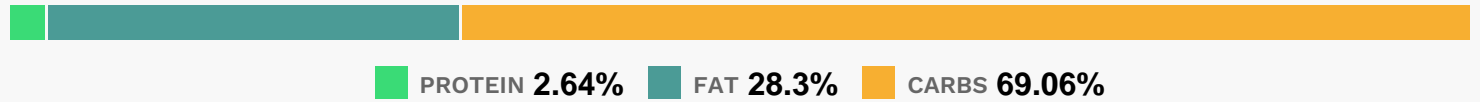
Equipment

- bowl
- oven
- blender
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Beat first 4 ingredients with mixer until blended; spoon into 24 paper-lined muffin cups.
- Bake 20 to 25 min. or until toothpick inserted in centers comes out clean. Cool cupcakes in pans 10 min.
- Remove from pans to wire racks; cool completely.
- Add COOL WHIP to frosting in medium bowl; stir just until blended.
- Spread onto cupcakes.
- Garnish with coconut.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:8.83, Inflammation Score:-1, Nutrition Score:5.5539130127948%

Nutrients (% of daily need)

Calories: 441.16kcal (22.06%), Fat: 13.94g (21.45%), Saturated Fat: 8.17g (51.08%), Carbohydrates: 76.58g (25.53%), Net Carbohydrates: 74.27g (27.01%), Sugar: 59.71g (66.35%), Cholesterol: 32.84mg (10.95%), Sodium: 338.26mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Phosphorus: 141.9mg (14.19%), Vitamin B2: 0.23mg (13.32%), Fiber: 2.31g (9.24%), Calcium: 88.89mg (8.89%), Vitamin B1: 0.13mg (8.49%), Folate: 32.29µg (8.07%), Manganese: 0.15mg (7.3%), Selenium: 4.56µg (6.52%), Iron: 1.12mg (6.25%), Vitamin E: 0.92mg (6.11%), Vitamin K: 5.39µg (5.13%), Vitamin B3: 1mg (5%), Copper: 0.09mg (4.73%), Vitamin C: 3.6mg (4.36%), Vitamin B6: 0.08mg (3.97%), Magnesium: 13.38mg (3.34%), Potassium: 105.93mg (3.03%), Vitamin B5: 0.3mg (3%), Zinc: 0.33mg (2.18%), Vitamin B12: 0.12µg (2.05%), Vitamin A: 70.12IU (1.4%), Vitamin D: 0.18µg (1.17%)