



## Piña Colada Cupcakes

 Dairy Free

READY IN



110 min.

SERVINGS



24

CALORIES



188 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 0.3 cup vegetable oil
- 0.3 cup water
- 1 teaspoon rum extract
- 8 oz pineapple rings crushed undrained canned
- 3 eggs
- 1 teaspoon coconut extract
- 1 teaspoon rum extract

- 12 oz vanilla frosting
- 0.8 cup coconut or shredded

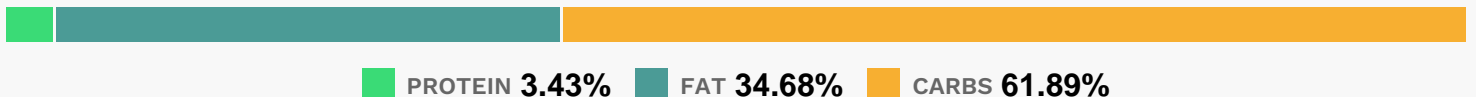
## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 375°F (350°F for dark or nonstick pan).
- Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cake mix, oil, water, 1 teaspoon rum extract, the pineapple and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- Stir coconut extract and 1 teaspoon rum extract into frosting.
- Spread frosting on cupcakes. Dip tops of frosted cupcakes in coconut. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:2.21, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:3.1356521715289%

## Nutrients (% of daily need)

Calories: 188.27kcal (9.41%), Fat: 7.29g (11.22%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 28.69g (10.43%), Sugar: 19.82g (22.02%), Cholesterol: 20.46mg (6.82%), Sodium: 191.45mg (8.32%), Alcohol: 0.07g (100%), Alcohol %: 0.15% (100%), Protein: 1.62g (3.24%), Phosphorus: 83.72mg (8.37%), Vitamin K: 8.12µg (7.74%), Vitamin B2: 0.12mg (7.08%), Calcium: 50.92mg (5.09%), Folate: 19.49µg (4.87%), Vitamin E: 0.73mg (4.86%), Vitamin B1: 0.06mg (4.31%), Manganese: 0.08mg (4.03%), Selenium: 2.64µg (3.77%), Iron: 0.66mg (3.64%), Vitamin B3: 0.58mg (2.88%), Fiber: 0.61g (2.43%), Copper: 0.04mg (2.05%), Vitamin B5: 0.18mg (1.78%), Vitamin B6: 0.03mg (1.72%), Magnesium: 5.22mg (1.31%), Potassium: 43.46mg (1.24%), Zinc: 0.18mg (1.18%), Vitamin C: 0.97mg (1.18%), Vitamin B12: 0.07µg (1.17%)