



Piña Colada Cupcakes

 Dairy Free

READY IN



110 min.

SERVINGS



24

CALORIES



209 kcal

DESSERT

Ingredients

- 0.8 cup coconut or shredded
- 1 teaspoon coconut extract
- 3 eggs
- 8 oz pineapple rings crushed undrained canned
- 1 teaspoon rum extract
- 1 container vanilla frosting
- 0.3 cup vegetable oil
- 0.3 cup water

1 box cake mix yellow

Equipment

bowl

frying pan

oven

wire rack

hand mixer

toothpicks

muffin liners

Directions

Heat oven to 375F (350F 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



PROTEIN 3.08% **FAT 34.7%** **CARBS 62.22%**

Properties

Glycemic Index:2.21, Glycemic Load:5.64, Inflammation Score:-1, Nutrition Score:3.2439130311427%

Nutrients (% of daily need)

Calories: 209.48kcal (10.47%), Fat: 8.12g (12.49%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 32.13g (11.68%), Sugar: 23.02g (25.58%), Cholesterol: 20.46mg (6.82%), Sodium: 200.79mg

(8.73%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Protein: 1.62g (3.24%), Phosphorus: 84.63mg (8.46%), Vitamin K: 8.78µg (8.36%), Vitamin B2: 0.14mg (7.98%), Vitamin E: 0.81mg (5.37%), Calcium: 51.07mg (5.11%), Folate: 19.9µg (4.97%), Vitamin B1: 0.07mg (4.35%), Manganese: 0.08mg (4.03%), Selenium: 2.64µg (3.78%), Iron: 0.66mg (3.68%), Vitamin B3: 0.59mg (2.93%), Fiber: 0.61g (2.43%), Copper: 0.04mg (2.05%), Vitamin B5: 0.18mg (1.81%), Vitamin B6: 0.03mg (1.72%), Magnesium: 5.27mg (1.32%), Potassium: 45.18mg (1.29%), Zinc: 0.18mg (1.2%), Vitamin C: 0.97mg (1.18%), Vitamin B12: 0.07µg (1.17%)