



Piña Colada Ice Cream Cupcakes

 Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



360 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 0.3 cup vegetable oil
- 0.3 cup water
- 1 cup pineapple canned crushed undrained
- 2 teaspoons coconut extract
- 1 teaspoon rum extract
- 3 eggs
- 0.5 gallon whipped cream

- 1.5 cups coconut or shredded
- 12 oz cream sauce
- 1 teaspoon rum extract
- 24 maraschino cherries

Equipment

- bowl
- frying pan
- oven
- hand mixer
- muffin liners
- serrated knife

Directions

- Heat oven to 375°F.
- Place paper baking cups in each of 24 regular-size muffin cups.
- In large bowl, beat Cupcake ingredients with electric mixer on medium speed until combined. Scrape down side of bowl; beat 1 to 2 minutes longer. Divide batter evenly among muffin cups, filling each cup about 3/4 full.
- Bake 15 to 20 minutes or until cupcakes spring back when touched lightly in center. Cool in pan 5 minutes.
- Remove from muffin cups to cooling racks. Cool completely, about 40 minutes.
- To serve, peel away sides of paper baking cups from completely cooled cupcakes. Using serrated knife, cut small divot of cake out of top of each cupcake.
- Place 1 scoop of ice cream (about 1/4 to 1/3 cup) on top of each cupcake so that scoop is resting inside divot. Top each scoop of ice cream with 1 tablespoon coconut.
- In medium bowl, stir together Sauce ingredients until well combined. Spoon over cupcakes.
- Garnish each cupcake with cherry.
- Serve immediately.

Nutrition Facts

PROTEIN 5.67% FAT 39.28% CARBS 55.05%

Properties

Glycemic Index:2.96, Glycemic Load:11.05, Inflammation Score:-3, Nutrition Score:7.0808695554733%

Nutrients (% of daily need)

Calories: 359.81kcal (17.99%), Fat: 15.78g (24.28%), Saturated Fat: 8.39g (52.44%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 47.82g (17.39%), Sugar: 34.71g (38.56%), Cholesterol: 55.3mg (18.43%), Sodium: 278.23mg (12.1%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 5.13g (10.26%), Phosphorus: 180.74mg (18.07%), Vitamin B2: 0.28mg (16.5%), Calcium: 161.52mg (16.15%), Manganese: 0.18mg (8.91%), Fiber: 1.95g (7.78%), Vitamin E: 1.13mg (7.53%), Vitamin A: 369.17IU (7.38%), Potassium: 246.59mg (7.05%), Vitamin B1: 0.1mg (6.83%), Selenium: 4.63µg (6.62%), Vitamin K: 6.95µg (6.62%), Vitamin B5: 0.66mg (6.56%), Vitamin B12: 0.39µg (6.44%), Copper: 0.13mg (6.35%), Magnesium: 24.01mg (6%), Folate: 23.54µg (5.88%), Zinc: 0.87mg (5.8%), Iron: 0.97mg (5.4%), Vitamin B6: 0.08mg (3.85%), Vitamin B3: 0.69mg (3.43%), Vitamin C: 1.59mg (1.93%), Vitamin D: 0.27µg (1.78%)