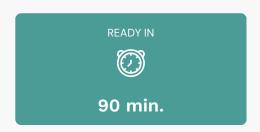


Piña Colada Ice Cream Cupcakes

airy Free







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 cup 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

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%)