



WHATSheATE



Pink Lemonade Cupcakes



Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 24 servings purple gel food coloring
- ☐ 2 containers fluffy frosting white
- ☐ 0.8 cup lemonade concentrate frozen thawed ()
- ☐ 6 tablespoons lemonade concentrate frozen thawed ()
- ☐ 24 servings m&m candies
- ☐ 1 box vanilla cake donut holes
- ☐ 0.5 cup vegetable oil

☐ 0.3 cup water

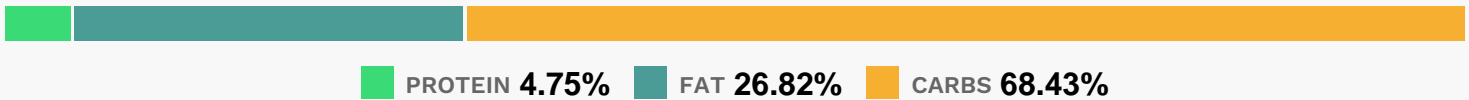
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups. Make cake batter as directed on box, using cake mix, 3/4 cup lemonade concentrate, 1/2 cup oil, the water, eggs and food color. Divide batter evenly among muffin cups.
- ☐ Bake 20 to 22 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.
- ☐ In large bowl, beat frosting, 6 tablespoons lemonade concentrate and the food color with electric mixer on low speed until blended. Frost cooled cupcakes.
- ☐ Garnish tops with candy sprinkles.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.6086956599484%

Nutrients (% of daily need)

Calories: 193.41kcal (9.67%), Fat: 5.82g (8.96%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 32.74g (11.9%), Sugar: 23.45g (26.06%), Cholesterol: 22.71mg (7.57%), Sodium: 168.35mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Phosphorus: 84.28mg (8.43%), Calcium: 68.51mg (6.85%), Selenium: 3.59µg (5.12%), Folate: 18.45µg (4.61%), Vitamin B2: 0.07mg (4.24%), Iron: 0.71mg (3.95%),

Vitamin B1: 0.05mg (3.41%), Fiber: 0.68g (2.7%), Vitamin B3: 0.53mg (2.65%), Manganese: 0.05mg (2.36%), Vitamin E: 0.33mg (2.2%), Vitamin K: 2.3µg (2.19%), Vitamin C: 1.54mg (1.87%), Vitamin B5: 0.16mg (1.6%), Vitamin A: 63.3IU (1.27%), Zinc: 0.17mg (1.17%), Copper: 0.02mg (1.16%)