



WHATSheATE



## Pirate's Hidden Treasure Cupcakes



Dairy Free

READY IN



115 min.

SERVINGS



24

CALORIES



178 kcal

DESSERT

### Ingredients

- ☐ 1 box chocolate cake mix
- ☐ 0.8 cup water
- ☐ 24 peanut butter candy pieces miniature (from 12-oz bag)
- ☐ 16 oz vanilla frosting
- ☐ 2 snack peppers red (from 4.5-oz box) (any color)
- ☐ 4 teaspoons corn flakes/bran flakes ring-shaped
- ☐ 3 tablespoons bittersweet chocolate miniature
- ☐ 1 tablespoon semi chocolate chips

☐ 2 pieces licorice rounds black (each 34 inches long)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, make cake mix as directed on box--except use 3/4 cup water, the oil and eggs. Divide batter evenly among muffin cups.
- ☐ Place 1 candy in top of batter for each cupcake (candies will sink as cupcakes bake).
- ☐ Bake as directed on box for cupcakes. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- ☐ Frost cupcakes with frosting.
- ☐ Cut 12-inch piece from 1 fruit snack roll; set aside. From remaining fruit snack, cut 24 (2-inch) pieces; cut crescent-shaped piece from each. Peel off paper backing; add 1 piece to each cupcake for top of kerchief.
- ☐ Cut reserved fruit snack into 12 (1-inch) pieces; peel off paper backing.
- ☐ Cut each piece in half lengthwise. Twist each piece in middle; add to 1 end of crescent-shaped fruit snack on each cupcake, forming tie of kerchief.
- ☐ Add 1 piece of cereal under each tie for earring. Use baking bits, chocolate chips and licorice to make facial features and eye patches. Store covered.

## Nutrition Facts



## Properties

Glycemic Index:8.3, Glycemic Load:6.15, Inflammation Score:-2, Nutrition Score:3.3139130265816%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 178.07kcal (8.9%), Fat: 7.05g (10.85%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 27.77g (10.1%), Sugar: 20.45g (22.72%), Cholesterol: 0.15mg (0.05%), Sodium: 190.37mg (8.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.13mg (1.38%), Protein: 1.42g (2.84%), Iron: 1.24mg (6.9%), Phosphorus: 64.45mg (6.45%), Vitamin B2: 0.1mg (6.02%), Manganese: 0.11mg (5.7%), Copper: 0.11mg (5.61%), Folate: 19.66µg (4.92%), Selenium: 2.9µg (4.14%), Magnesium: 15.99mg (4%), Vitamin E: 0.55mg (3.7%), Vitamin C: 2.99mg (3.62%), Fiber: 0.86g (3.42%), Vitamin K: 3.49µg (3.33%), Vitamin B1: 0.05mg (3.11%), Calcium: 30.42mg (3.04%), Vitamin B3: 0.56mg (2.8%), Potassium: 92.17mg (2.63%), Vitamin A: 95.38IU (1.91%), Zinc: 0.28mg (1.87%), Vitamin B6: 0.03mg (1.48%)