



WHATSheATE



## Pirate's Hidden Treasure Cupcakes

 Dairy Free

READY IN



115 min.

SERVINGS



24

CALORIES



201 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoons m&m candies miniature
- ☐ 4 teaspoons corn flakes/bran flakes ring-shaped
- ☐ 2 fruit red (from 4.5-oz box) (any color)
- ☐ 1 box chocolate cake mix
- ☐ 24 peanut butter candy pieces miniature (from 12-oz bag)
- ☐ 1 tablespoon semi chocolate chips
- ☐ 2 pieces green beans black (each 3/4 inches long)
- ☐ 1 container vanilla frosting

☐ 0.8 cup water

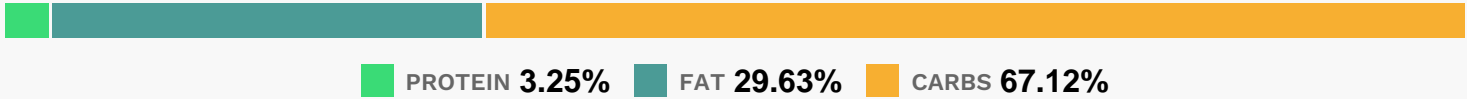
Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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:8.89, Glycemic Load:6.39, Inflammation Score:-3, Nutrition Score:3.9517391401788%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 201.03kcal (10.05%), Fat: 6.87g (10.57%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 33.49g (12.18%), Sugar: 25.5g (28.33%), Cholesterol: 0.31mg (0.1%), Sodium: 193.97mg (8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin K: 8.6µg (8.19%), Iron: 1.34mg (7.44%), Vitamin B2: 0.12mg (6.95%), Phosphorus: 66.7mg (6.67%), Fiber: 1.53g (6.12%), Copper: 0.12mg (6.11%), Manganese: 0.11mg (5.73%), Folate: 22.12µg (5.53%), Magnesium: 16.37mg (4.09%), Selenium: 2.79µg (3.99%), Vitamin A: 196.28IU (3.93%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.73mg (3.65%), Potassium: 127.7mg (3.65%), Vitamin E: 0.55mg (3.64%), Calcium: 36.2mg (3.62%), Vitamin C: 1.85mg (2.25%), Vitamin B6: 0.04mg (1.99%), Zinc: 0.28mg (1.86%)