



Pockets of Strawberry Cupcakes

 Dairy Free

READY IN



105 min.

SERVINGS



24

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 0.7 cup raspberry jam seedless
- ☐ 6 oz strawberries hulled
- ☐ 12 oz fluffy frosting white
- ☐ 12 strawberries sliced for garnish if desired

Equipment

- ☐ bowl
- ☐ oven

- ☐ wire rack
- ☐ blender
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ 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.
- ☐ Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ By slowly spinning end of round handle of wooden spoon back and forth, make deep, 1/2-inch-wide indentation in center of top of each cupcake, not quite to bottom (wiggle end of spoon in cupcake to make opening large enough).
- ☐ Spoon jam into resealable heavy-duty food-storage plastic bag.
- ☐ Cut about 1/4 inch off corner of bag. Gently push cut corner of bag into center of cupcake. Squeeze about 1 tablespoon jam into center of each cupcake for filling.
- ☐ Place 6 oz strawberries in blender. Cover; pulse 20 seconds to puree strawberries. Measure 1/2 cup of the strawberry puree into medium bowl. Stir in both containers frosting until well mixed. Generously frost cupcakes.
- ☐ Garnish with sliced strawberries. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:7.96, Inflammation Score:-1, Nutrition Score:2.8939130499797%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.25mg, Pelargonidin: 3.25mg, Pelargonidin: 3.25mg, Pelargonidin: 3.25mg Peonidin: 0.01mg,

Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 169.83kcal (8.49%), Fat: 3.14g (4.83%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 34.06g (12.38%), Sugar: 23.23g (25.81%), Cholesterol: 0mg (0%), Sodium: 178.52mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 8.53mg (10.34%), Phosphorus: 80.08mg (8.01%), Vitamin B2: 0.1mg (5.86%), Calcium: 51.58mg (5.16%), Folate: 20.39µg (5.1%), Manganese: 0.1mg (4.92%), Vitamin B1: 0.05mg (3.52%), Vitamin E: 0.45mg (3.02%), Selenium: 2.11µg (3.01%), Iron: 0.54mg (3.01%), Vitamin B3: 0.6mg (3%), Vitamin K: 2.71µg (2.58%), Fiber: 0.6g (2.41%), Copper: 0.03mg (1.66%), Potassium: 45.47mg (1.3%), Magnesium: 4.59mg (1.15%)