



Popcorn"-a-Plenty

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups marshmallows jet-puffed miniature cut in half
- 2.3 cups cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

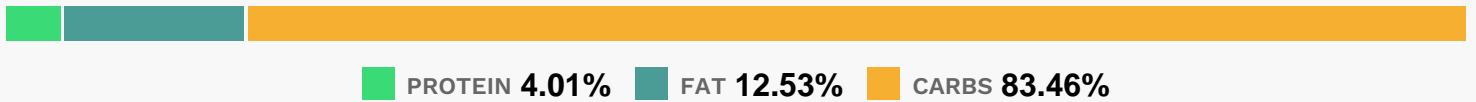
Equipment

- oven

Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes. Cool in pans 15 min.
- Remove from pans to wire racks; cool completely.
- Frost cupcakes with COOL WHIP.
- Squeeze 2 marshmallow halves unevenly together to resemble a popped popcorn kernel; place on top of cupcake. Repeat with enough of the remaining marshmallow halves to cover top of cupcake. (You will need to use about 30 marshmallow halves for each cupcake.) Repeat with remaining marshmallows and cupcakes. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:4.91, Inflammation Score:-1, Nutrition Score:2.1765217518677%

Nutrients (% of daily need)

Calories: 146.86kcal (7.34%), Fat: 2.08g (3.2%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 30.85g (11.22%), Sugar: 18.63g (20.7%), Cholesterol: 0.17mg (0.06%), Sodium: 193.22mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Phosphorus: 94.16mg (9.42%), Calcium: 62.9mg (6.29%), Folate: 18.45µg (4.61%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.06mg (3.75%), Selenium: 2.6µg (3.71%), Vitamin B3: 0.63mg (3.17%), Iron: 0.54mg (2.98%), Manganese: 0.05mg (2.69%), Vitamin E: 0.27mg (1.78%), Copper: 0.03mg (1.57%), Fiber: 0.29g (1.18%)