



Popping Rock Candy Cupcakes



Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup water
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs
- ☐ 0.3 cup popcorn kernels (two to three 0.33-oz pouches; any flavor)
- ☐ 16 oz fluffy frosting white
- ☐ 5.9 oz popcorn kernels (any flavors)

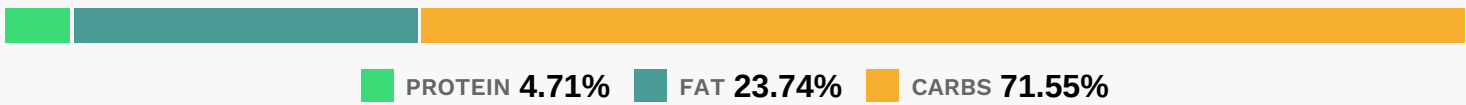
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan).
- ☐ Place foil or paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, beat cake mix, water, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Fold in 1/4 cup candy. Divide batter evenly among muffin cups, filling about two-thirds full.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Lightly frost cupcakes with frosting.
- ☐ Pour 18 pouches candy onto small plates (use separate plates for each color or mix colors together); roll frosted cupcakes in candy.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:3.6434782510218%

Nutrients (% of daily need)

Calories: 206.89kcal (10.34%), Fat: 5.47g (8.41%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 35.71g (12.99%), Sugar: 21.35g (23.72%), Cholesterol: 20.46mg (6.82%), Sodium: 200.51mg (8.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Phosphorus: 107.16mg (10.72%), Vitamin B2: 0.14mg (8%), Manganese: 0.13mg (6.34%), Folate: 24.15µg (6.04%), Fiber: 1.37g (5.47%), Vitamin B1: 0.08mg (5.43%), Calcium: 49.83mg (4.98%), Iron: 0.84mg (4.67%), Vitamin K: 4.77µg (4.54%), Vitamin E: 0.64mg (4.27%),

Magnesium: 13.83mg (3.46%), Vitamin B3: 0.68mg (3.42%), Selenium: 2.35µg (3.36%), Zinc: 0.38mg (2.56%),
Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.21mg (2.08%), Copper: 0.04mg (2.05%), Potassium: 48.05mg (1.37%),
Vitamin B12: 0.07µg (1.17%)