



Pretty in Pink Push-It-Up Cake Pops

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 1 box cake mix white
- ☐ 1.3 cups water
- ☐ 0.3 cup vegetable oil
- ☐ 3 egg whites
- ☐ 12 oz fluffy frosting
- ☐ 12 lemon-lime soda pop
- ☐ 12 small strawberries fresh
- ☐ 12 sprigs mint leaves fresh

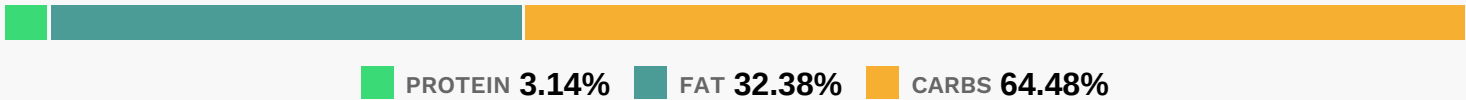
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ ziploc bags
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Spray 24 mini muffin cups with cooking spray.
- ☐ In large bowl, beat cake mix, water, oil and egg whites with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes. Fill muffin cups half full with batter. (Cover and refrigerate remaining batter until ready to bake; cool pan before reusing and spray again with cooking spray.)
- ☐ Bake 10 to 15 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove cupcakes from pans to cooling racks; cool completely, about 15 minutes. (Repeat with remaining batter to make about 48 additional mini cupcakes. Freeze cupcakes for another use.)
- ☐ Spoon frosting into decorating bag (fitted with desired tip) or resealable food-storage plastic bag (with small corner cut off). To assemble, drop 1 cupcake into each push-up pop container; pipe desired amount of frosting on cupcake. Top each with second cupcake; pipe with frosting.
- ☐ Garnish with strawberry and mint sprig.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:8.44, Inflammation Score:-2, Nutrition Score:5.3178260993698%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 339.15kcal (16.96%), Fat: 12.28g (18.89%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 54.34g (19.76%), Sugar: 36.41g (40.46%), Cholesterol: 0mg (0%), Sodium: 364.83mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Phosphorus: 153.93mg (15.39%), Vitamin K: 16.14µg (15.37%), Vitamin B2: 0.22mg (12.73%), Calcium: 100.05mg (10%), Folate: 35.55µg (8.89%), Vitamin E: 1.32mg (8.83%), Selenium: 5.26µg (7.52%), Vitamin B1: 0.1mg (6.61%), Manganese: 0.13mg (6.4%), Vitamin B3: 1.14mg (5.71%), Iron: 0.97mg (5.4%), Vitamin C: 4.43mg (5.37%), Fiber: 0.69g (2.78%), Copper: 0.05mg (2.36%), Magnesium: 7.8mg (1.95%), Potassium: 65.05mg (1.86%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.24mg (1.62%)