



## Pretty in Pink Push-It-Up Cake Pops

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



343 kcal

SIDE DISH

### Ingredients

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

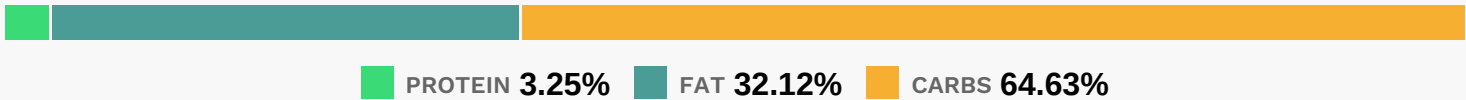
## Equipment

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

## Directions

- ☐ Heat oven to 350F. 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:12.44, Glycemic Load:8.86, Inflammation Score:-2, Nutrition Score:5.4465217532023%

## 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: 343.01kcal (17.15%), Fat: 12.33g (18.96%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 54.97g (19.99%), Sugar: 36.42g (40.47%), Cholesterol: 0mg (0%), Sodium: 364.87mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Phosphorus: 157.41mg (15.74%), Vitamin K: 16.15µg (15.38%), Vitamin B2: 0.22mg (12.77%), Calcium: 100.09mg (10.01%), Folate: 35.86µg (8.96%), Vitamin E: 1.33mg (8.85%), Selenium: 5.26µg (7.52%), Manganese: 0.14mg (6.95%), Vitamin B1: 0.1mg (6.68%), Vitamin B3: 1.17mg (5.83%), Iron: 1mg (5.58%), Vitamin C: 4.43mg (5.37%), Fiber: 0.84g (3.36%), Copper: 0.05mg (2.49%), Magnesium: 9.24mg (2.31%), Potassium: 68.27mg (1.95%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.17mg (1.74%)