



Quick Dirt and Worms Cupcakes

READY IN



120 min.

SERVINGS



24

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 16 oz chocolate frosting
- ☐ 1 serving m&m candies
- ☐ 24 pumpkin candies and gummy worms

Equipment

- ☐ frying pan
- ☐ oven
- ☐ 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 10 minutes.
- ☐ Remove from pan to cooling racks. Cool completely, about 30 minutes.
- ☐ Spread frosting on cupcakes.
- ☐ Sprinkle with candy rocks.
- ☐ Add gummy worms, gently pushing one end of worm into each cupcake. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2304347756764%

Nutrients (% of daily need)

Calories: 188.28kcal (9.41%), Fat: 6.28g (9.66%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 32.63g (11.87%), Sugar: 22.61g (25.12%), Cholesterol: 0.09mg (0.03%), Sodium: 187.66mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Phosphorus: 63.53mg (6.35%), Iron: 1.09mg (6.03%), Copper: 0.11mg (5.49%), Manganese: 0.09mg (4.27%), Selenium: 2.38µg (3.4%), Vitamin E: 0.49mg (3.3%), Magnesium: 12.43mg (3.11%), Calcium: 29.24mg (2.92%), Folate: 11.35µg (2.84%), Potassium: 96.44mg (2.76%), Fiber: 0.62g (2.48%), Vitamin B1: 0.03mg (2.2%), Vitamin B2: 0.03mg (1.88%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.2mg (1.33%)