



Rainbow Cupcakes

READY IN



76 min.

SERVINGS



24

CALORIES



172 kcal

DESSERT

Ingredients

- 6 Tbsp kool-aid sugar-sweetened drink mix divided (any flavor)
- 16 oz ready-to-spread vanilla frosting
- 1 cup cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

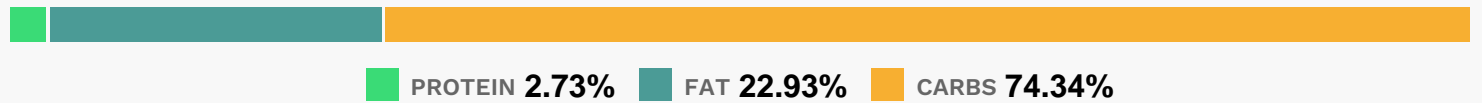
Equipment

- bowl
- oven
- muffin liners

Directions

- Prepare cake batter and bake as directed on package for 24 cupcakes, blending 1/4 cup (4 Tbsp.) dry drink mix into batter before spooning into prepared muffin cups. Cool in pans 10 min.
- Remove to wire racks; cool completely.
- Mix remaining drink mix with frosting in medium bowl until blended. Gently stir in COOL WHIP.
- Spread onto cupcakes.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:2.3073912653262%

Nutrients (% of daily need)

Calories: 172.02kcal (8.6%), Fat: 4.4g (6.76%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 31.83g (11.58%), Sugar: 22.38g (24.87%), Cholesterol: 0.39mg (0.13%), Sodium: 191.88mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Phosphorus: 83.23mg (8.32%), Vitamin B2: 0.12mg (7.02%), Calcium: 54.06mg (5.41%), Folate: 17.32µg (4.33%), Vitamin B1: 0.06mg (3.75%), Vitamin E: 0.5mg (3.31%), Vitamin B3: 0.63mg (3.15%), Selenium: 2.17µg (3.1%), Vitamin K: 3.21µg (3.06%), Iron: 0.46mg (2.57%), Manganese: 0.05mg (2.37%), Copper: 0.02mg (1.03%), Magnesium: 4.06mg (1.01%)