



## Rainbow of Cupcakes

 Dairy Free

READY IN



100 min.

SERVINGS



24

CALORIES



158 kcal

DESSERT

### Ingredients

- ☐ 1 box cake mix yellow
- ☐ 16 oz vanilla frosting
- ☐ 1 serving purple gel food coloring

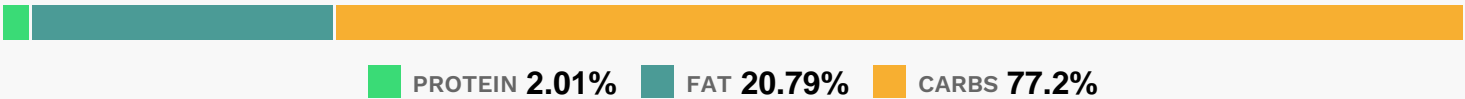
### Equipment

- ☐ 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 cupcakes, using water, oil and eggs. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- ☐ Tint frosting with desired food colors. Pipe or spread frosting on cupcakes.

# Nutrition Facts



# Properties

Glycemic Index:1.79, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:1.9721739188485%

# Nutrients (% of daily need)

Calories: 158.27kcal (7.91%), Fat: 3.66g (5.63%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 30.33g (11.03%), Sugar: 21.25g (23.61%), Cholesterol: 0mg (0%), Sodium: 191.6mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Phosphorus: 70.18mg (7.02%), Vitamin B2: 0.11mg (6.28%), Calcium: 46.02mg (4.6%), Folate: 16.16µg (4.04%), Vitamin B1: 0.05mg (3.44%), Vitamin E: 0.49mg (3.25%), Vitamin K: 3.08µg (2.93%), Vitamin B3: 0.54mg (2.7%), Iron: 0.48mg (2.66%), Manganese: 0.04mg (2.06%), Fiber: 0.26g (1.03%)