



Red Velvet Cupcakes with Cream Cheese Frosting



Gluten Free



Low Fod Map

READY IN



120 min.

SERVINGS



24

CALORIES



96 kcal

Ingredients

- ☐ 1 teaspoon water
- ☐ 1 oz food coloring red
- ☐ 1 box german chocolate
- ☐ 1 cup water
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 16 oz cream cheese frosting

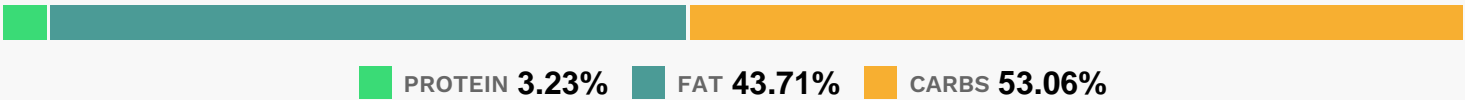
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ 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. To make red food color paint, in small bowl, mix 1 teaspoon water and 3 to 4 drops of the food color; set aside.
- ☐ In large bowl, beat cake mix, 1 cup water, the oil, eggs, cocoa and remaining food color from bottle with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups.
- ☐ Bake and cool completely as directed on box for cupcakes.
- ☐ Frost tops of cupcakes with frosting. Using a fine-tip brush, paint cupcakes with red food color paint, swirling paint to create design. Store loosely covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.82826087526653%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 95.51kcal (4.78%), Fat: 4.77g (7.34%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 12.88g (4.68%), Sugar: 12.06g (13.4%), Cholesterol: 20.46mg (6.82%), Sodium: 44.5mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Selenium: 1.84µg (2.63%), Vitamin K: 1.7µg (1.62%), Vitamin B2: 0.03mg (1.6%), Phosphorus: 14.52mg (1.45%), Copper: 0.03mg (1.26%), Iron: 0.19mg (1.04%)