



Red Velvet Cupcakes with Cream Cheese Frosting

READY IN



120 min.

SERVINGS



24

CALORIES



172 kcal

DESSERT

Ingredients

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

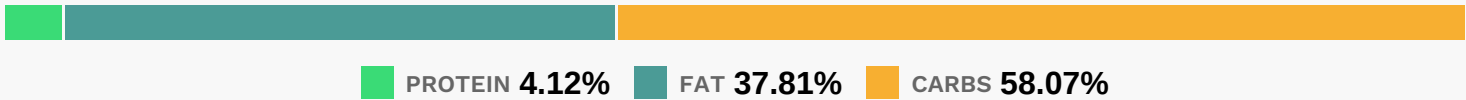
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F (325F 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:2.476086979327%

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: 172.22kcal (8.61%), Fat: 7.56g (11.63%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 25.54g (9.29%), Sugar: 18.91g (21.02%), Cholesterol: 20.46mg (6.82%), Sodium: 192.95mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Phosphorus: 63.11mg (6.31%), Selenium: 4.07µg (5.82%), Iron: 0.99mg (5.53%), Copper: 0.1mg (4.86%), Folate: 13.88µg (3.47%), Vitamin B2: 0.06mg (3.3%),

Calcium: 31.48mg (3.15%), Manganese: 0.06mg (3.01%), Magnesium: 11.68mg (2.92%), Fiber: 0.59g (2.34%),
Potassium: 79.93mg (2.28%), Vitamin K: 2.38µg (2.27%), Vitamin E: 0.33mg (2.22%), Vitamin B1: 0.03mg (2.21%),
Zinc: 0.25mg (1.65%), Vitamin B3: 0.3mg (1.52%), Vitamin B5: 0.11mg (1.1%)