



Red Velvet Holiday Elf Cupcakes

READY IN



140 min.

SERVINGS



24

CALORIES



627 kcal

DESSERT

Ingredients

- 1 container cream cheese frosting
- 24 apricot dried halved
- 3 eggs
- 6 fruit (from 5-oz box)
- 1 box chocolate cake mix
- 24 small gumdrops red cut in half
- 7 oz chocolate icing red
- 1 oz food coloring red
- 48 semi chocolate chips

- 2 tablespoons cocoa powder unsweetened
- 0.5 cup vegetable oil
- 1 cup water

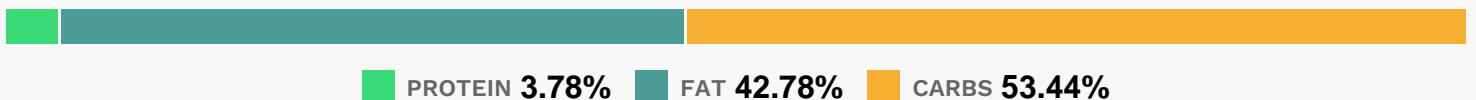
Equipment

- 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.
- In large bowl, beat cupcake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups (about two-thirds full).
- Bake and cool completely as directed on box for cupcakes.
- Frost cupcakes with frosting, reserving 1 tablespoon frosting.
- Place one apricot half on each side of cupcakes for ears.
- Cut each fruit snack into 4 triangles.
- Place 1 triangle on top of each cupcake, folding pointed end over to form hat. Attach 1 gumdrop half to pointed end of each hat using reserved frosting. Use remaining gumdrop halves for nose, and chocolate chips for eyes. Pipe mouth with red decorator frosting. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:6.36, Inflammation Score:-7, Nutrition Score:13.915217492891%

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: 627.1kcal (31.35%), Fat: 30.51g (46.94%), Saturated Fat: 14.39g (89.91%), Carbohydrates: 85.75g (28.58%), Net Carbohydrates: 78.3g (28.47%), Sugar: 63.51g (70.56%), Cholesterol: 23.82mg (7.94%), Sodium: 221.59mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 51.1mg (17.03%), Protein: 6.07g (12.14%), Copper: 0.91mg (45.41%), Manganese: 0.85mg (42.58%), Fiber: 7.45g (29.81%), Magnesium: 118.53mg (29.63%), Iron: 5.12mg (28.45%), Phosphorus: 229.41mg (22.94%), Potassium: 593.35mg (16.95%), Vitamin A: 686.31IU (13.73%), Selenium: 8.99µg (12.84%), Zinc: 1.87mg (12.47%), Vitamin K: 12.91µg (12.3%), Vitamin B2: 0.14mg (8.34%), Calcium: 76.56mg (7.66%), Vitamin E: 1.14mg (7.57%), Vitamin B3: 1.44mg (7.2%), Vitamin B1: 0.07mg (4.45%), Folate: 17.59µg (4.4%), Vitamin B5: 0.37mg (3.71%), Vitamin B6: 0.07mg (3.28%), Vitamin C: 2.56mg (3.1%), Vitamin B12: 0.15µg (2.5%)