



Red Velvet Holiday Elf Cupcakes

 Gluten Free

READY IN



140 min.

SERVINGS



24

CALORIES



488 kcal

DESSERT

Ingredients

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

- 6 snack peppers (from 5-oz box)
- 24 small gumdrops red cut in half
- 48 semi chocolate chips
- 7 oz chocolate icing red

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.
- 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:7.77, Glycemic Load:6.45, Inflammation Score:-6, Nutrition Score:11.328260934871%

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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 488.09kcal (24.4%), Fat: 27.63g (42.5%), Saturated Fat: 13.8g (86.24%), Carbohydrates: 56.6g (18.87%), Net Carbohydrates: 51.23g (18.63%), Sugar: 44.29g (49.21%), Cholesterol: 23.82mg (7.94%), Sodium: 67.79mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 49.12mg (16.37%), Protein: 4.56g (9.12%), Manganese: 0.79mg (39.45%), Copper: 0.75mg (37.65%), Magnesium: 105.29mg (26.32%), Iron: 4mg (22.2%), Fiber: 5.37g (21.47%), Phosphorus: 169.14mg (16.91%), Potassium: 448.6mg (12.82%), Vitamin A: 565.19IU (11.3%), Vitamin C: 9.04mg (10.96%), Zinc: 1.64mg (10.95%), Selenium: 6.76µg (9.66%), Vitamin K: 7.4µg (7.04%), Vitamin E: 1.05mg (6.98%), Vitamin B2: 0.09mg (5.41%), Calcium: 44.43mg (4.44%), Vitamin B3: 0.78mg (3.89%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.06mg (3.04%), Vitamin B12: 0.15µg (2.5%), Folate: 7.4µg (1.85%), Vitamin B1: 0.03mg (1.76%)