



## Red Velvet Triple-Stacked Cupcakes

 Gluten Free

READY IN



160 min.

SERVINGS



16

CALORIES



282 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 ( 2 tablespoons)
- 7 oz marshmallow creme
- 1 cup butter softened

- 3 teaspoons water
- 4 cups powdered sugar

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan).
- Place paper baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cupcake ingredients 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 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes. Refrigerate uncovered 1 hour.
- In large bowl, beat marshmallow creme, butter and 3 teaspoons of the milk with electric mixer on high speed until fluffy. Beat in powdered sugar 1 cup at a time. Gradually beat in just enough remaining milk until smooth and spreadable.
- To assemble, remove paper baking cups, and cut cupcakes in half horizontally. Set aside 16 cupcake tops. Pipe about 1 tablespoon frosting onto cut side of 16 cupcake bottoms; top each with another cupcake top or bottom. Pipe about 1 tablespoon frosting on each cupcake. Top with reserved cupcake tops. Pipe frosting on cupcake tops. Decorate with sprinkles, if desired. Store in refrigerator until serving.

## Nutrition Facts



■ PROTEIN 1.75% ■ FAT 42.3% ■ CARBS 55.95%

## Properties

Glycemic Index:3.13, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.7517391339592%

## Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 282.25kcal (14.11%), Fat: 13.76g (21.17%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 40.72g (14.81%), Sugar: 37.05g (41.17%), Cholesterol: 61.19mg (20.4%), Sodium: 104.46mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin A: 399.1IU (7.98%), Selenium: 2.94µg (4.21%), Vitamin E: 0.53mg (3.52%), Vitamin K: 3.54µg (3.37%), Vitamin B2: 0.05mg (2.93%), Phosphorus: 24.33mg (2.43%), Copper: 0.03mg (1.71%), Vitamin B12: 0.1µg (1.63%), Vitamin B5: 0.14mg (1.44%), Iron: 0.26mg (1.43%), Manganese: 0.03mg (1.37%), Magnesium: 4.55mg (1.14%), Folate: 4.5µg (1.13%), Zinc: 0.17mg (1.11%), Vitamin D: 0.17µg (1.1%)