



## Red, White and Blue Cupcakes



Dairy Free



Popular

READY IN



95 min.

SERVINGS



24

CALORIES



172 kcal

DESSERT

### Ingredients

- ☐ 1 box cake mix white
- ☐ 0.8 cup raspberry jam red seedless
- ☐ 12 oz fluffy frosting white
- ☐ 1 teaspoon purple gel food coloring red
- ☐ 0.3 teaspoon purple gel food coloring blue
- ☐ 1 serving sparkling wine white
- ☐ 1 serving frangelico white blue red

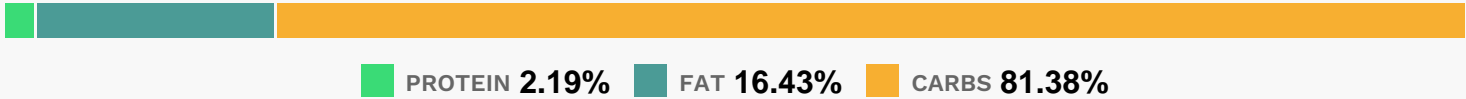
### Equipment

- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans).
- ☐ Place red, white or blue paper baking cup in each of 24 regular size muffin cups.
- ☐ Make cake mix as directed on box for cupcakes, using water, oil and egg whites. Divide batter evenly among muffin cups.
- ☐ Add 1 1/2 teaspoons raspberry jam to each cup; cut through batter with toothpick for swirled effect.
- ☐ Bake 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove cupcakes from pans to cooling racks. Cool completely.
- ☐ Tint 1 container frosting with red food color; tint second container with blue food color. Leave third container white. Spoon each color of frosting into separate decorating bag fitted with large round tip. Pipe frosting as desired onto cupcakes.
- ☐ Sprinkle with stars and sparkling sugar.

## Nutrition Facts



## Properties

Glycemic Index:4.08, Glycemic Load:8.1, Inflammation Score:-1, Nutrition Score:2.185217415509%

## Nutrients (% of daily need)

Calories: 171.94kcal (8.6%), Fat: 3.1g (4.77%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 34.19g (12.43%), Sugar: 23.23g (25.81%), Cholesterol: 0mg (0%), Sodium: 179.2mg (7.79%), Alcohol: 0.39g (100%), Alcohol %: 0.95% (100%), Protein: 0.93g (1.86%), Phosphorus: 78.09mg (7.81%), Vitamin B2: 0.1mg (5.78%), Calcium: 50.28mg (5.03%), Folate: 17.44µg (4.36%), Vitamin B1: 0.05mg (3.32%), Selenium: 2.09µg (2.99%), Iron: 0.52mg (2.89%), Vitamin E: 0.42mg (2.78%), Vitamin B3: 0.56mg (2.78%), Manganese: 0.05mg (2.42%), Vitamin K: 2.42µg (2.31%), Copper: 0.03mg (1.44%), Fiber: 0.35g (1.42%), Vitamin C: 0.94mg (1.13%)