



## Red, White and Blue “Tie-Dye” Jumbo Cupcakes

 Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



666 kcal

DESSERT

### Ingredients

- 6 egg whites
- 12 servings food coloring blue red
- 2 lb vanilla frosting
- 0.7 cup vegetable oil
- 2.5 cups water
- 2 boxes cake mix white

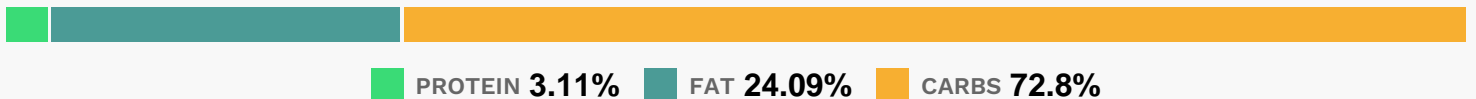
### Equipment

- bowl
- oven
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350F.
- Place jumbo paper baking cup in each of 12 jumbo muffin cups.
- In large bowl, beat cake mixes, water, oil and egg whites with electric mixer on low speed 1 minute, then on medium speed 2 to 3 minutes, scraping bowl occasionally, until well blended.
- Divide batter among 3 bowls; tint 1 bowl with red food color and 1 with blue food color. Leave remaining batter plain. In each muffin cup, place 2 tablespoons red batter, 2 tablespoons blue batter and 2 tablespoons plain batter.
- Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 30 minutes.
- Meanwhile, divide frosting among 3 bowls. Tint 1 bowl red and 1 bowl blue. Leave remaining frosting white.
- In large (16-inch) disposable decorating bag fitted with star tip, place spoonfuls of each color of frosting side by side, alternating colors and working up from the tip of the bag. Do not mix colors together. Starting at outer edge of cupcake and using constant pressure on bag, pipe frosting clockwise for 3 rotations (or however you desire) on each cupcake. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:3.58, Glycemic Load:22.07, Inflammation Score:-2, Nutrition Score:8.8995651570351%

## Nutrients (% of daily need)

Calories: 665.76kcal (33.29%), Fat: 17.87g (27.5%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 121.53g (40.51%), Net Carbohydrates: 120.58g (43.85%), Sugar: 84.07g (93.41%), Cholesterol: 0mg (0%), Sodium: 763.6mg (33.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.37%), Phosphorus: 306.24mg (30.62%), Vitamin B2: 0.48mg (28.3%), Calcium: 193.5mg (19.35%), Folate: 66.96µg (16.74%), Vitamin K: 16.61µg (15.82%), Selenium: 10.49µg (14.98%), Vitamin E: 2.1mg (14.03%), Vitamin B1: 0.2mg (13.01%), Vitamin B3: 2.24mg (11.19%), Iron: 1.81mg (10.08%), Manganese: 0.18mg (8.91%), Copper: 0.08mg (4.06%), Fiber: 0.95g (3.79%), Vitamin B5: 0.32mg (3.23%), Magnesium: 12.38mg (3.09%), Zinc: 0.46mg (3.06%), Potassium: 103.58mg (2.96%), Vitamin B6: 0.02mg (1.24%)