



## Red, White and Tie-Dyed Cupcakes

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



161 kcal

DESSERT

### Ingredients

- ☐ 1 drops purple gel food coloring blue red
- ☐ 1 container vanilla frosting
- ☐ 1 box cake mix white

### Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

# Directions

- ☐ Heat oven to 350F.
- ☐ Place festive paper baking cups in each of 24 muffin cups.
- ☐ Make cake batter as directed on box, using water, oil and egg whites.
- ☐ Place 1 cup batter in each of 3 separate bowls. Tint 1 bowl of batter with several drops of red food color. Tint second bowl with blue food color; leave remaining batter in third bowl white. Spoon scant tablespoon each color batter into each muffin cup.
- ☐ Bake 17 to 19 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove cupcakes from muffin cups; cool completely, about 30 minutes.
- ☐ To achieve tie-dyed effect with frosting, spoon frosting into 3 small bowls. Tint 1 bowl of frosting with red food color. Tint second bowl with blue food color; leave remaining frosting in third bowl white.
- ☐ Place large star tip in disposable decorating bag. Spoon red frosting along long edge of bag, taking up only one side of bag. Repeat with blue and white frostings. (Bag will not be filled perfectly, but should have 3 distinct lines of colored frosting running up side of bag.) Pipe frosting onto top of each cupcake.

# Nutrition Facts



# Properties

Glycemic Index:1.79, Glycemic Load:5.62, Inflammation Score:-1, Nutrition Score:2.0469565521116%

# Nutrients (% of daily need)

Calories: 160.6kcal (8.03%), Fat: 3.91g (6.02%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 30.36g (11.04%), Sugar: 21.21g (23.57%), Cholesterol: 0mg (0%), Sodium: 184.7mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Phosphorus: 76.06mg (7.61%), Vitamin B2: 0.1mg (6.17%), Calcium: 47.75mg (4.78%), Folate: 16.62µg (4.15%), Vitamin B1: 0.05mg (3.24%), Vitamin E: 0.48mg (3.21%), Vitamin K: 3.08µg (2.94%), Vitamin B3: 0.56mg (2.78%), Selenium: 1.87µg (2.67%), Iron: 0.45mg (2.5%), Manganese: 0.04mg (2.21%)