



Rosé Wine Cupcakes

READY IN



70 min.

SERVINGS



24

CALORIES



286 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 0.8 cup water
- 0.5 cup rose hips
- 0.3 cup vegetable oil
- 3 egg whites
- 5 drops food coloring red
- 0.8 cup raspberry jam seedless
- 6 cups powdered sugar
- 0.3 cup butter softened

- 0.1 teaspoon salt
- 0.3 cup rose hips
- 1 serving raspberries fresh

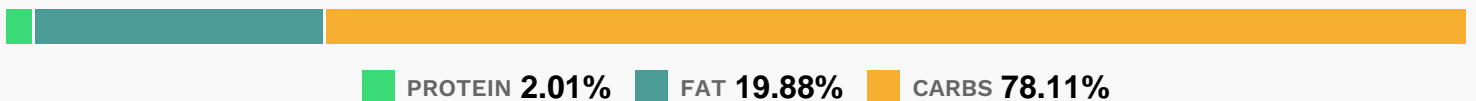
Equipment

- bowl
- oven
- wire rack
- hand mixer
- toothpicks
- 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. Make cake batter as directed on box, using cake mix, water, 1/2 cup wine, oil, egg whites and food color. Divide batter evenly among muffin cups (about two-thirds full).
- Bake 20 to 22 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.
- Fit #6 round tip in decorating bag (opening about 1/8 inch in diameter). Spoon raspberry jam into decorating bag. Insert tip in center of cupcake, about halfway down. Gently squeeze decorating bag, pulling upwards until cupcake swells slightly and filling comes to the top.
- In large bowl, beat powdered sugar, butter and salt with electric mixer on low speed until blended. Beat in 1/3 cup wine. If frosting is too thick, beat in more wine a few drops at a time. Frost cupcakes.
- Garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:4, Inflammation Score:-3, Nutrition Score:4.3369565619075%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 286.14kcal (14.31%), Fat: 6.42g (9.88%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 56.79g (18.93%), Net Carbohydrates: 55.22g (20.08%), Sugar: 43.81g (48.68%), Cholesterol: 6.78mg (2.26%), Sodium: 192.46mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin C: 20.38mg (24.7%), Phosphorus: 79.35mg (7.93%), Vitamin K: 7.71µg (7.34%), Fiber: 1.58g (6.32%), Calcium: 58.93mg (5.89%), Manganese: 0.11mg (5.59%), Vitamin A: 271.22IU (5.42%), Vitamin E: 0.8mg (5.34%), Vitamin B2: 0.09mg (5.08%), Selenium: 3.03µg (4.33%), Folate: 17.15µg (4.29%), Vitamin B1: 0.05mg (3.35%), Iron: 0.56mg (3.1%), Vitamin B3: 0.6mg (2.98%), Copper: 0.04mg (1.97%), Magnesium: 6.94mg (1.73%), Potassium: 51.7mg (1.48%), Vitamin B5: 0.12mg (1.2%)