



Rum Cupcakes with Coconut Frosting

READY IN



85 min.

SERVINGS



18

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup rum dark
- ☐ 0.3 cup water
- ☐ 0.5 cup canola oil
- ☐ 3 eggs
- ☐ 0.5 cup butter unsalted softened
- ☐ 2 cups powdered sugar
- ☐ 2 tablespoons milk
- ☐ 1 teaspoon rum dark

☐ 0.3 cup coconut or toasted

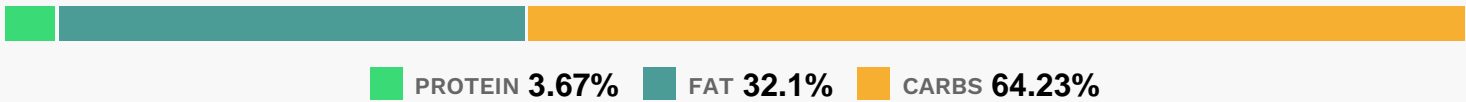
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 325°F.
- ☐ Place paper baking cup in each of 18 regular-size nonstick muffin cups.
- ☐ In large bowl, mix cake mix, 1 cup rum, the water, oil and eggs with whisk until blended. Divide batter evenly among muffin cups.
- ☐ Bake 15 to 20 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from muffin cups to cooling rack. Cool completely, about 45 minutes.
- ☐ In medium bowl, mix butter, sugar, milk and 1 teaspoon rum with electric mixer on low speed 30 seconds. Beat on medium-high speed until well blended and fluffy, scraping down side of bowl as necessary.
- ☐ Frost cooled cupcakes.
- ☐ Sprinkle tops with coconut.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.3365217282072%

Nutrients (% of daily need)

Calories: 260.64kcal (13.03%), Fat: 8.28g (12.74%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 36.84g (13.39%), Sugar: 25.65g (28.5%), Cholesterol: 41.04mg (13.68%), Sodium: 221.63mg (9.64%), Alcohol: 4.55g (100%), Alcohol %: 7.06% (100%), Protein: 2.13g (4.26%), Phosphorus: 108.56mg (10.86%), Calcium: 68.66mg (6.87%), Vitamin B2: 0.11mg (6.33%), Folate: 23.46µg (5.86%), Selenium: 3.4µg (4.86%), Vitamin B1: 0.07mg (4.81%), Vitamin E: 0.71mg (4.73%), Iron: 0.77mg (4.26%), Vitamin A: 199.88IU (4%), Manganese: 0.08mg (3.84%), Vitamin B3: 0.68mg (3.41%), Vitamin B5: 0.23mg (2.33%), Vitamin K: 2.19µg (2.09%), Vitamin B12: 0.11µg (1.9%), Vitamin B6: 0.04mg (1.83%), Copper: 0.04mg (1.81%), Fiber: 0.44g (1.78%), Vitamin D: 0.26µg (1.73%), Zinc: 0.2mg (1.36%), Magnesium: 4.47mg (1.12%)