



## Scarecrow and Spider Cupcakes

READY IN



50 min.

SERVINGS



16

CALORIES



1544 kcal

### Ingredients

- 16 servings corn flakes/bran flakes shredded whole wheat crushed
- 1 tub chocolate frosting
- 1 eggs
- 48 large gumdrops black
- 8 ice cream cake cones
- 16 servings twist and ends together to make a rough knob. cover black cut into 4-inch pieces
- 16 servings candy corn red such as candy corn, string licorice and small gumdrops assorted
- 32 beef rib steak
- 0.5 cup water
- 2 tablespoons shortening

- 16 servings strawberry jam
- 0.5 cup sugar
- 1 tub butter
- 1 tablespoon vanilla
- 1.5 cups frangelico
- 1.5 cups frangelico

## Equipment

- bowl
- frying pan
- oven
- toothpicks
- muffin liners
- garlic press

## Directions

- Heat oven to 375F.
- Place paper baking cup in each of 16 regular-size muffin cups, or grease and flour muffin cups.
- Beat Bisquick mix, sugar, milk, shortening, vanilla and egg in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Fill muffin cups about half full.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan; cool completely. Frost and decorate cupcakes as directed below for Scarecrows and Hairy Spiders. Scarecrows: Frost 8 cupcakes with vanilla frosting. Decorate each ice-cream cone with bow made with fruit rolls.
- Place ice-cream cone upside down on each cupcake for hat. Arrange crushed cereal on cupcakes for hair. Use candy corn for nose, red licorice and small gumdrops for mouth and candy eyes for eyes. Hairy Spiders: Frost 8 cupcakes with chocolate frosting. Squeeze large black gumdrops, one at a time, through garlic press to form hair; arrange on cupcakes. Insert black licorice pieces into cupcakes for legs.
- Place candy eyes on large black gumdrops for eyes.

# Nutrition Facts

PROTEIN 24.31% FAT 41.3% CARBS 34.39%

## Properties

Glycemic Index:20.33, Glycemic Load:52.12, Inflammation Score:-9, Nutrition Score:48.83391294272%

## Nutrients (% of daily need)

Calories: 1543.88kcal (77.19%), Fat: 71.61g (110.17%), Saturated Fat: 30.66g (191.63%), Carbohydrates: 134.2g (44.73%), Net Carbohydrates: 128.14g (46.6%), Sugar: 91.35g (101.5%), Cholesterol: 286.08mg (95.36%), Sodium: 585.58mg (25.46%), Alcohol: 0.28g (100%), Alcohol %: 0.06% (100%), Protein: 94.83g (189.66%), Selenium: 127.92µg (182.74%), Zinc: 24.83mg (165.55%), Vitamin B12: 9.03µg (150.46%), Vitamin B3: 27.28mg (136.39%), Vitamin B6: 2.33mg (116.31%), Iron: 16.94mg (94.11%), Vitamin B2: 1.55mg (90.97%), Phosphorus: 819.54mg (81.95%), Manganese: 1.16mg (58.21%), Folate: 220.9µg (55.22%), Vitamin B1: 0.8mg (53.55%), Magnesium: 171.74mg (42.93%), Potassium: 1451.27mg (41.46%), Copper: 0.59mg (29.58%), Fiber: 6.06g (24.24%), Vitamin A: 834.49IU (16.69%), Vitamin D: 1.5µg (9.98%), Vitamin K: 8.1µg (7.71%), Vitamin E: 0.84mg (5.6%), Calcium: 54.59mg (5.46%), Vitamin B5: 0.34mg (3.39%), Vitamin C: 1.76mg (2.13%)