



Skeleton Cupcakes

READY IN



45 min.

SERVINGS



10

CALORIES



747 kcal

DESSERT

Ingredients

- ☐ 20 brown rice
- ☐ 9 oz chocolate wafers such as nabisco famous
- ☐ 3 cups powdered sugar
- ☐ 10 cupcake liners
- ☐ 10 cupcake liners mini
- ☐ 25 gourmet jelly beans white mini
- ☐ 1 licorice rounds black
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup shortening

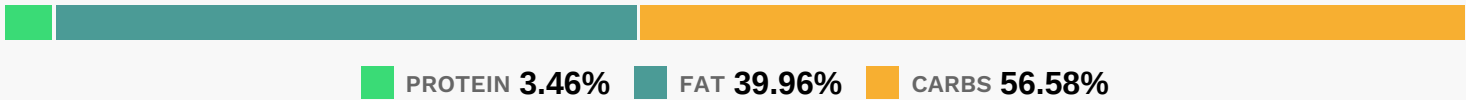
- ☐ 0.3 lb butter unsalted
- ☐ 0.5 teaspoon vanilla extract

Equipment

Directions

- ☐ Beat together butter and shortening for 2 minutes. Slowly beat in confectioners' sugar.
- ☐ Add vanilla and salt; beat for 1 minute. Mound 1/4 cup frosting in center of top of each larger cupcake.
- ☐ For faces, add M&M's, pieces of licorice and halved jellybeans (see photo).
- ☐ For hats, dab frosting on mini cupcakes, invert and stick to chocolate wafers. Put one on each icing mound.

Nutrition Facts



Properties

Glycemic Index:10.82, Glycemic Load:9.61, Inflammation Score:-4, Nutrition Score:8.5282609132321%

Nutrients (% of daily need)

Calories: 746.98kcal (37.35%), Fat: 33.79g (51.99%), Saturated Fat: 12.29g (76.82%), Carbohydrates: 107.64g (35.88%), Net Carbohydrates: 106.01g (38.55%), Sugar: 77.09g (85.66%), Cholesterol: 26.61mg (8.87%), Sodium: 462.47mg (20.11%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 6.58g (13.15%), Manganese: 0.43mg (21.26%), Selenium: 12.99µg (18.56%), Vitamin B2: 0.29mg (16.94%), Vitamin B1: 0.22mg (14.85%), Iron: 2.4mg (13.34%), Calcium: 123.67mg (12.37%), Phosphorus: 121.77mg (12.18%), Folate: 45.41µg (11.35%), Vitamin K: 11.25µg (10.71%), Vitamin B3: 2.14mg (10.7%), Copper: 0.18mg (8.98%), Vitamin E: 1.18mg (7.86%), Magnesium: 27mg (6.75%), Vitamin A: 331.16IU (6.62%), Fiber: 1.63g (6.51%), Potassium: 145.31mg (4.15%), Zinc: 0.61mg (4.06%), Vitamin B5: 0.37mg (3.68%), Vitamin B6: 0.04mg (2.09%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.17µg (1.13%)