



## Skinny Vanilla Bean Cupcakes

READY IN



95 min.

SERVINGS



24

CALORIES



168 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 0.5 cup apple sauce
- 1 cup water
- 1 tablespoon canola oil
- 1 vanilla pod
- 8 oz cool whip fat-free frozen thawed
- 3 cups powdered sugar
- 2 cups blueberries fresh
- 24 mint leaves fresh

## Equipment

- bowl
- oven
- hand mixer
- muffin liners

## Directions

- Heat oven to 350°F.
- Place paper cupcake wrapper or baking cup in each of 24 regular-size muffin cups.
- In large bowl, beat cake mix, applesauce, water and oil with electric mixer on medium speed until well blended.
- Add half of the vanilla bean seeds to batter; stir until mixed. Divide batter evenly among muffin cups.
- Bake 17 to 19 minutes or just until cupcakes spring back when lightly touched in center. Cool cupcakes in pans 5 minutes.
- Remove from muffin cups to cooling racks. Cool completely, about 1 hour.
- In large bowl, mix whipped topping, powdered sugar and remaining half of vanilla bean seeds. Spoon over top of each cupcake.
- Garnish each with berries and mint.

## Nutrition Facts

**PROTEIN 3.04%** **FAT 10.12%** **CARBS 86.84%**

## Properties

Glycemic Index:1.67, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.8765217091726%

## Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg  
Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.31mg,  
Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin:  
0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin:  
0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol:  
0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin:  
1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,  
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 168.08kcal (8.4%), Fat: 1.94g (2.98%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 37.42g (12.47%), Net  
Carbohydrates: 36.71g (13.35%), Sugar: 26.95g (29.95%), Cholesterol: 1.51mg (0.5%), Sodium: 157.42mg (6.84%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Phosphorus: 81.49mg (8.15%), Vitamin B2: 0.12mg  
(6.9%), Calcium: 61.2mg (6.12%), Manganese: 0.1mg (4.96%), Folate: 18.72µg (4.68%), Vitamin B1: 0.07mg (4.5%),  
Vitamin K: 3.43µg (3.27%), Selenium: 2.25µg (3.22%), Vitamin B3: 0.62mg (3.11%), Iron: 0.53mg (2.94%), Fiber: 0.71g  
(2.83%), Vitamin E: 0.38mg (2.51%), Vitamin B12: 0.14µg (2.33%), Vitamin C: 1.57mg (1.9%), Copper: 0.03mg (1.68%),  
Vitamin A: 67.15IU (1.34%), Vitamin B6: 0.03mg (1.34%), Magnesium: 4.92mg (1.23%), Potassium: 42.81mg (1.22%),  
Zinc: 0.16mg (1.09%)