



Spice Drop Bouquets



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



572 kcal

SIDE DISH

Ingredients

- 12 decorative cupcake liners
- 12 cupcakes in liners such as golden cupcakes
- 12 servings nonpareils light green yellow (wilton.com)
- 0.5 cup cranberry-orange relish green yellow
- 12 cranberry-orange relish white green yellow
- 1 small ziplock bag
- 16 oz vanilla frosting canned
- 12 servings " cookie cutter flower-shaped

- 12 servings rolling pin
- 12 servings scissors
- 12 servings " cookie cutter flower-shaped
- 12 servings rolling pin
- 12 servings scissors

Equipment

- cookie cutter
- rolling pin
- kitchen scissors

Directions

- Press 3 yellow spice drops together.
- Sprinkle a work surface with yellow sugar and roll out pressed drops with a rolling pin to about 1/8" thickness. Repeat with remaining drops and sugar, using white drops with pink sugar.
- Add more sugar as needed while rolling to prevent sticking. Using a flower-shaped cookie cutter or small scissors, cut 6 flowers from each set of flattened yellow, orange and white drops, rerolling as necessary. You need up to 72 flowers.
- Cut as many 1/2" leaves as possible from flattened green drops. Pinch the end of each leaf to create a stem; set aside.
- Spoon 2 Tbsp. vanilla frosting into ziplock bag.
- Spread remaining frosting on top of cupcakes. Arrange 3 to 6 flowers on top of each cupcake, along with several leaves.
- Snip a small corner from ziplock bag filled with frosting. Pipe a dot of frosting in the center of each flower and top with a nonpareil.
- Place each finished cupcake in a decorative liner and arrange on a serving platter. If desired, dress up platter with remaining spice drop flowers topped with a dot of frosting and a nonpareil.

Nutrition Facts



■ PROTEIN **4.08%** ■ FAT **26.95%** ■ CARBS **68.97%**

Properties

Glycemic Index:10.67, Glycemic Load:16.57, Inflammation Score:-7, Nutrition Score:12.86999976635%

Flavonoids

Hesperetin: 37.74mg, Hesperetin: 37.74mg, Hesperetin: 37.74mg, Hesperetin: 37.74mg Naringenin: 21.22mg, Naringenin: 21.22mg, Naringenin: 21.22mg, Naringenin: 21.22mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 572.42kcal (28.62%), Fat: 17.47g (26.88%), Saturated Fat: 4.43g (27.72%), Carbohydrates: 100.6g (33.53%), Net Carbohydrates: 96.59g (35.12%), Sugar: 76.42g (84.91%), Cholesterol: 1.72mg (0.57%), Sodium: 350.77mg (15.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.89%), Vitamin C: 73.85mg (89.52%), Vitamin B2: 0.38mg (22.22%), Folate: 77.25µg (19.31%), Vitamin B1: 0.28mg (18.95%), Selenium: 11.91µg (17.01%), Calcium: 168.33mg (16.83%), Fiber: 4.01g (16.05%), Phosphorus: 106.17mg (10.62%), Manganese: 0.2mg (10.2%), Potassium: 345.24mg (9.86%), Vitamin B3: 1.79mg (8.96%), Vitamin K: 9.3µg (8.86%), Iron: 1.51mg (8.37%), Vitamin A: 356.35IU (7.13%), Vitamin E: 0.93mg (6.21%), Magnesium: 24.55mg (6.14%), Copper: 0.11mg (5.65%), Vitamin B5: 0.53mg (5.25%), Vitamin B6: 0.1mg (5.06%), Zinc: 0.4mg (2.66%), Vitamin B12: 0.07µg (1.15%)