



Spider Cupcakes

READY IN



70 min.

SERVINGS



10

CALORIES



622 kcal

DESSERT

Ingredients

- 48 candy-coated chocolate pieces miniature
- 16 oz ready-to-spread frosting white canned
- 1 pkg chocolate cake mix (2-layer size)
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.3 cup kool-aid orange flavor sugar-sweetened drink mix
- 24 oreo cookies
- 384 inches string licorice black
- 2 Tbsp water hot

Equipment

- bowl
- oven
- muffin liners

Directions

- Prepare cake batter as directed on package; blend in dry pudding mix. Spoon into 24 paper-lined muffin cups.
- Bake as directed on package for cupcakes. Cool completely.
- Dissolve drink mix in hot water. Stir into frosting in bowl until well blended. Use to frost cupcakes, reserving some of the frosting for attaching the decorations.
- Cut each licorice piece into 16 (2-inch) lengths; set aside.
- Place 1 cookie on top of each cupcake; insert 4 licorice pieces into frosting on each side of cookie for the spider's legs. Use reserved frosting to attach chocolate pieces to tops of cookies for the spiders' eyes.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:15.16, Inflammation Score:-7, Nutrition Score:16.249130313811%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 622.09kcal (31.1%), Fat: 21.53g (33.12%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 105.55g (35.18%), Net Carbohydrates: 100.51g (36.55%), Sugar: 72.56g (80.62%), Cholesterol: 1.72mg (0.57%), Sodium: 735.74mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.97mg (2.32%), Protein: 6.91g (13.83%), Vitamin K: 57.76µg (55.01%), Iron: 6.74mg (37.43%), Manganese: 0.55mg (27.64%), Vitamin B2: 0.42mg (24.74%), Phosphorus: 211.53mg (21.15%), Folate: 82.42µg (20.6%), Fiber: 5.04g (20.15%), Copper: 0.38mg (19.21%), Magnesium: 67.56mg

(16.89%), Vitamin B1: 0.24mg (15.79%), Vitamin E: 2.31mg (15.38%), Vitamin C: 12.05mg (14.6%), Potassium: 488.85mg (13.97%), Vitamin A: 694.96IU (13.9%), Calcium: 127.7mg (12.77%), Vitamin B3: 2.5mg (12.5%), Selenium: 8.44µg (12.06%), Vitamin B6: 0.18mg (8.97%), Zinc: 0.93mg (6.23%), Vitamin B5: 0.42mg (4.18%)