

## Spring Blossoms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



590 kcal

SIDE DISH

## Ingredients

- ☐ 12 decorative cupcake liners
- ☐ 12 cupcakes in liners such as golden cupcakes
- ☐ 4.3 oz chocolate decorating icing
- ☐ 1 teaspoon lemon zest
- ☐ 4 candies red heart-shaped
- ☐ 5 belt candies sour green
- ☐ 0.8 cup pink yellow
- ☐ 4 small pink yellow

- ☐ 12 servings food coloring red
- ☐ 2 small ziplock bags
- ☐ 16 oz vanilla frosting canned
- ☐ 12 servings " cookie cutter flower-shaped
- ☐ 12 servings scissors
- ☐ 12 straws sour green
- ☐ 12 servings " cookie cutter flower-shaped
- ☐ 12 servings scissors
- ☐ 12 straws sour green

## Equipment

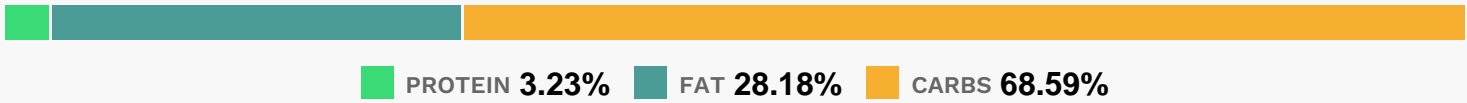
- ☐ bowl
- ☐ cookie cutter
- ☐ kitchen scissors

## Directions

- ☐ Using a flower-shaped cookie cutter or small scissors, cut 12 flowers from 2 sour belts.
- ☐ Cut as many 1" leaves as possible from the remaining sour belts with scissors. Pinch the end of each leaf to create a stem; set aside.
- ☐ Blend frosting and lemon zest in a bowl; spoon 2 Tbsp. into a ziplock bag. Divide remaining frosting mixture among 2 bowls; tint 1 frosting pink with red food coloring.
- ☐ Spread a cupcake with pink frosting mixture. On top, form a ring of pink jelly beans, side by side, following outer edge of cupcake; add another ring just inside the first.
- ☐ Place a green flower in the center. Repeat with other cupcakes, alternating frosting and jelly bean colors.
- ☐ Snip a small corner from ziplock bag filled with frosting mixture; pipe a dot in the center of green flowers and top with a candy-coated chocolate.
- ☐ To make ladybug: Pipe a dot of frosting mixture on top of a cupcake and attach a heart-shaped candy. Squeeze chocolate frosting into a ziplock bag, snip off a tiny corner, then pipe on a head, a line and dots onto heart. Repeat with remaining heart candies.

Place each finished cupcake in a decorative paper liner and arrange on a serving platter. Use  
sour straws as flower stems and place reserved leaves along stems.

## Nutrition Facts



### Properties

Glycemic Index:9.83, Glycemic Load:15.78, Inflammation Score:-2, Nutrition Score:6.6913044504497%

### Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

### Nutrients (% of daily need)

Calories: 589.63kcal (29.48%), Fat: 18.68g (28.74%), Saturated Fat: 4.35g (27.22%), Carbohydrates: 102.29g (34.1%), Net Carbohydrates: 100.34g (36.49%), Sugar: 76.24g (84.71%), Cholesterol: 1.83mg (0.61%), Sodium: 377.32mg (16.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin B2: 0.37mg (21.6%), Selenium: 11.38µg (16.26%), Calcium: 117.73mg (11.77%), Vitamin B1: 0.17mg (11.59%), Vitamin K: 11.7µg (11.14%), Manganese: 0.19mg (9.59%), Folate: 38.02µg (9.5%), Phosphorus: 94.64mg (9.46%), Iron: 1.47mg (8.18%), Fiber: 1.95g (7.78%), Vitamin B3: 1.47mg (7.35%), Vitamin E: 0.93mg (6.17%), Potassium: 156.6mg (4.47%), Copper: 0.07mg (3.41%), Magnesium: 13.59mg (3.4%), Vitamin C: 2.68mg (3.24%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (1.96%), Vitamin A: 73.3IU (1.47%), Vitamin B12: 0.07µg (1.15%)