



Spring Cupcake Baskets

 Dairy Free

READY IN



106 min.

SERVINGS



24

CALORIES



216 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 16 oz vanilla frosting your favorite (or flavor)
- 14 oz twist and ends together to make a rough knob. cover
- 1 serving gourmet jelly beans

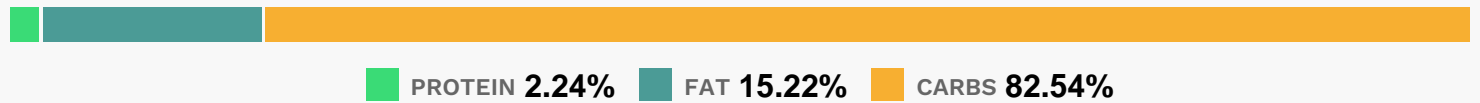
Equipment

- oven
- wire rack
- muffin liners

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans).
- Place paper baking cup in each of 24 regular-size muffin cups.
- Make and bake cake mix as directed on box for 24 cupcakes. Cool in pans 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- Frost with frosting. Use licorice for handle on each. Decorate with jelly beans. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:1.9721739188485%

Nutrients (% of daily need)

Calories: 216.31kcal (10.82%), Fat: 3.66g (5.63%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 44.42g (16.15%), Sugar: 27.9g (30.99%), Cholesterol: 0mg (0%), Sodium: 199.89mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Phosphorus: 70.18mg (7.02%), Vitamin B2: 0.11mg (6.28%), Calcium: 46.02mg (4.6%), Folate: 16.16µg (4.04%), Vitamin B1: 0.05mg (3.44%), Vitamin E: 0.49mg (3.25%), Vitamin K: 3.08µg (2.93%), Vitamin B3: 0.54mg (2.7%), Iron: 0.48mg (2.66%), Manganese: 0.04mg (2.06%), Fiber: 0.26g (1.03%)