



Stars and Stripes Cupcakes

READY IN



100 min.

SERVINGS



24

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 0.8 cup water
- ☐ 1 cup cream sour
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 teaspoon almond extract
- ☐ 3 eggs
- ☐ 10 oz maraschino cherries dry drained finely chopped (38 cherries)
- ☐ 3 cups powdered sugar
- ☐ 3 tablespoons water

- ☐ 2 tablespoons plus light
- ☐ 0.5 teaspoon almond extract
- ☐ 24 m&m candies blue
- ☐ 4.3 oz chocolate icing red

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F (350°F for dark or nonstick pans).
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, beat cake mix, water, sour cream, oil, 1/2 teaspoon almond extract and the eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in cherries. Divide batter evenly among muffin cups, filling each about two-thirds full.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan to cooling racks. Cool completely, about 30 minutes.
- ☐ Meanwhile, in medium bowl, beat powdered sugar, water, corn syrup and 1/2 teaspoon almond extract with electric mixer on medium speed until smooth. Spoon over cupcakes, using back of spoon to spread.
- ☐ Let stand 10 minutes.
- ☐ Place 1 candy star on each cupcake as shown. Using writing tip, pipe icing in wavy stripes on each cupcake to look like flag. Store loosely covered.

Nutrition Facts



 PROTEIN **3.06%**  FAT **26.54%**  CARBS **70.4%**

Properties

Glycemic Index:2.58, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:3.0860869359711%

Nutrients (% of daily need)

Calories: 243.25kcal (12.16%), Fat: 7.28g (11.2%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 42.82g (15.57%), Sugar: 33.89g (37.65%), Cholesterol: 26.26mg (8.75%), Sodium: 172.37mg (7.49%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 1.89g (3.78%), Phosphorus: 92.04mg (9.2%), Calcium: 68.31mg (6.83%), Vitamin K: 7.14µg (6.8%), Vitamin B2: 0.11mg (6.24%), Selenium: 4.03µg (5.75%), Folate: 18.64µg (4.66%), Vitamin E: 0.61mg (4.08%), Vitamin B1: 0.05mg (3.5%), Iron: 0.6mg (3.36%), Vitamin B3: 0.54mg (2.7%), Fiber: 0.64g (2.57%), Manganese: 0.05mg (2.46%), Copper: 0.04mg (2.13%), Vitamin A: 96.96IU (1.94%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.25mg (1.64%), Magnesium: 4.64mg (1.16%), Vitamin B12: 0.07µg (1.15%), Potassium: 37.68mg (1.08%)