



Strawberry and Cream Cupcakes

READY IN



90 min.

SERVINGS



24

CALORIES



226 kcal

DESSERT

Ingredients

- 1 container cream cheese frosting creamy®
- 1.3 cups lemon-lime soda pop
- 0.5 cup m&m candies white
- 24 servings food coloring red
- 24 servings strawberries fresh
- 1 box cake mix white

Equipment

- oven

ziploc bags

Directions

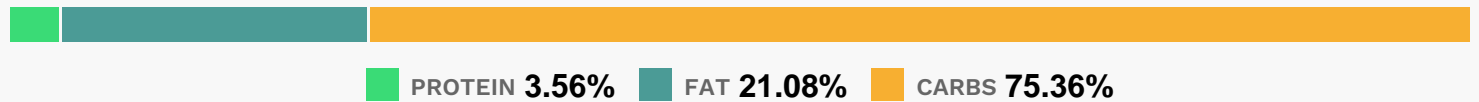
Heat oven to 350F (325F for dark or nonstick pans). Make, bake and cool cake mix as directed on box for 24 cupcakes, substituting soda pop for the water.

Stir 1 or 2 drops food color into frosting. Frost cupcakes.

In small resealable food-storage plastic bag, place sprinkles and 1 drop food color; seal bag. Gently shake and massage sprinkles until mixture is various shades of pink; sprinkle around edges of frosted cupcakes.

Garnish with fresh strawberries. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:3.27, Inflammation Score:-5, Nutrition Score:10.107391308183%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 226.42kcal (11.32%), Fat: 5.5g (8.47%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 41.03g (14.92%), Sugar: 30.81g (34.23%), Cholesterol: 0.65mg (0.22%), Sodium: 190.21mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin C: 84.7mg (102.66%), Manganese: 0.6mg (30.12%), Fiber: 3.23g (12.94%), Folate: 49.64µg (12.41%), Phosphorus: 108.95mg (10.9%), Calcium: 76.18mg (7.62%),

Potassium: 241.14mg (6.89%), Iron: 1.1mg (6.09%), Vitamin B1: 0.08mg (5.46%), Magnesium: 21.47mg (5.37%),
Vitamin B3: 1.07mg (5.36%), Vitamin B2: 0.08mg (4.85%), Copper: 0.09mg (4.53%), Vitamin E: 0.61mg (4.03%),
Vitamin B6: 0.07mg (3.69%), Selenium: 2.54µg (3.62%), Vitamin K: 3.75µg (3.57%), Vitamin B5: 0.24mg (2.44%),
Zinc: 0.31mg (2.04%)