



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

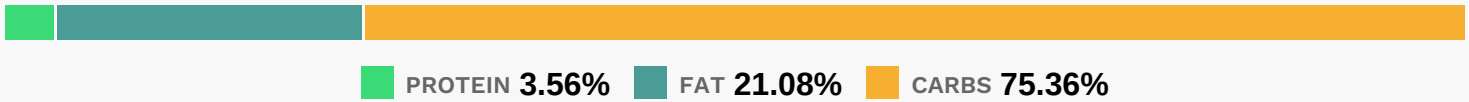
- ☐ oven

☐ 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: Og (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%)