



Strawberry and Cream Cupcakes

 Popular

READY IN



90 min.

SERVINGS



24

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1.3 cups lemon-lime soda pop
- ☐ 1 serving food coloring red
- ☐ 16 oz cream cheese frosting
- ☐ 0.5 cup sprinkles white
- ☐ 1 serving strawberries fresh

Equipment

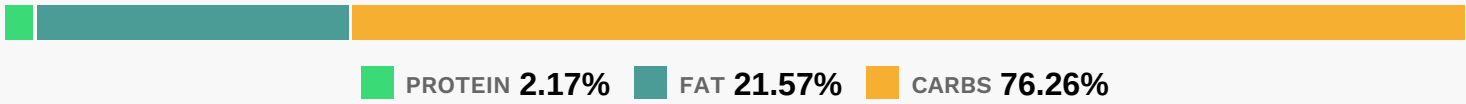
- ☐ oven

☐ ziploc bags

Directions

- ☐ Heat oven to 350°F (325°F 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:0.14, Inflammation Score:-1, Nutrition Score:2.0534782646953%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 174.71kcal (8.74%), Fat: 4.26g (6.55%), Saturated Fat: 1.44g (9%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 33.5g (12.18%), Sugar: 24.4g (27.11%), Cholesterol: 0mg (0%), Sodium: 185.93mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Phosphorus: 75.83mg (7.58%), Calcium: 49.07mg (4.91%), Vitamin C: 3.53mg (4.28%), Folate: 16.52µg (4.13%), Manganese: 0.07mg (3.49%), Vitamin B1: 0.05mg (3.25%), Vitamin B2: 0.05mg (3.06%), Selenium: 1.98µg (2.83%), Vitamin B3: 0.54mg (2.7%), Iron: 0.48mg (2.65%), Fiber: 0.36g (1.43%), Vitamin E: 0.2mg (1.37%), Copper: 0.02mg (1.22%)