



## Summer Squash Cupcakes

READY IN



85 min.

SERVINGS



24

CALORIES



253 kcal

DESSERT

### Ingredients

- ☐ 1 small to 3 sized squashes yellow finely grated (7 to 8 inch)
- ☐ 1 box cake mix yellow
- ☐ 1.3 cups water
- ☐ 0.3 cup vegetable oil
- ☐ 6 oz semi chocolate chips
- ☐ 16 oz vanilla frosting
- ☐ 1 cup powdered milk salted crushed

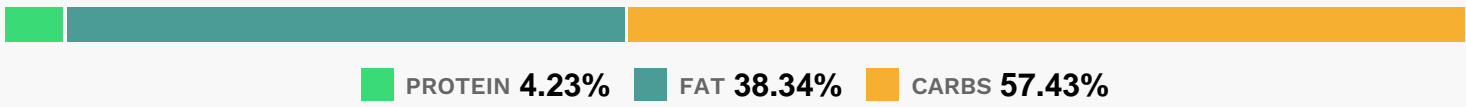
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350°F.
- ☐ Place paper baking cup in each of 24 regular-size muffin cups.
- ☐ In large bowl, stir together summer squash, cake mix, water and oil with whisk until almost smooth, about 2 to 3 minutes. Stir in chocolate chips.
- ☐ Divide batter evenly among muffin cups, making sure to include chocolate chips in each one.
- ☐ Bake 20 to 24 minutes or until toothpick or cake tester inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from muffin cups; cool completely on cooling racks, about 30 minutes.
- ☐ Frost cooled cupcakes with frosting.
- ☐ Sprinkle crushed almonds over tops.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:6.48, Inflammation Score:-2, Nutrition Score:4.9095651947934%

## Nutrients (% of daily need)

Calories: 253.32kcal (12.67%), Fat: 10.84g (16.67%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 35.63g (12.96%), Sugar: 26.01g (28.9%), Cholesterol: 5.6mg (1.87%), Sodium: 212.81mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.69g (5.39%), Phosphorus: 131.86mg (13.19%), Vitamin B2: 0.18mg (10.66%), Calcium: 100.16mg (10.02%), Vitamin K: 9.42µg (8.98%), Manganese: 0.15mg (7.29%), Copper: 0.11mg (5.64%), Vitamin E: 0.81mg (5.42%), Iron: 0.97mg (5.38%), Magnesium: 20.31mg (5.08%), Folate: 19.56µg (4.89%), Vitamin B1: 0.07mg (4.76%), Potassium: 140.55mg (4.02%), Vitamin D: 0.56µg (3.73%),

Fiber: 0.88g (3.52%), Vitamin B12: 0.21µg (3.46%), Vitamin B3: 0.66mg (3.29%), Selenium: 2.14µg (3.06%), Zinc: 0.45mg (3.02%), Vitamin B5: 0.24mg (2.39%), Vitamin B6: 0.05mg (2.29%), Vitamin C: 1.29mg (1.57%), Vitamin A: 63.19IU (1.26%)